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A University Teaching Trust

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Dear Carer, Relative or Friend

I would like to welcome you to Mill Lodge Inpatient Unit.

As a carer, relative or friend, you will be acutely aware of the impact Huntington's Disease can have not only on the life of the person you care for, but can also have an impact on you.

By working together, we can maximise opportunities to benefit the person we are caring for.

I would like to take this opportunity to explain what the unit does and how we aim to involve you as much as we can.

Mill Lodge is a community inpatient unit specialising in caring for those with Huntington's Disease. We believe that each person is a unique individual, whose mental health, physical health and psychological wellbeing cannot be treated in isolation. Each of these areas needs to be addressed, in terms of assessment, treatment, monitoring and regular review by multi-disciplinary staff who are trained, experienced and committed to provide the highest standard of care.

We organise a comprehensive assessment of:

- Physical health
- Emotional needs
- Behavioural changes
- Cognitive function
- Social wellbeing and coping
- Risks.
- Family support

Currently this service is located in Kegworth, however it is planned that this service will re-locate to an improved purpose-built environment in November 2016.

We build on individual strengths and with the patient, develop person-centred care plans. There is regular review to renew goals in the care and treatment process. The assessment tools allow us to measure individual progress, based on function rather than symptoms, to maximise independence, confidence and wellbeing.

We provide a full and varied activity programme, assisting in establishing routine and predictability to the day to restore function and develop new skills. All bedrooms have an en-suite and access to a small patio and garden area. There are a number of therapy and activity areas as well as themed garden rooms.

We value the work you do as a carer and appreciate the challenges this can make on your time, independence and emotional wellbeing. We appreciate your need for information and would like to make you aware of the steps we are taking to enhance your opportunities to be involved.

As part of our work to support and involve the primary (main) carer, we promise to:

- Make contact with you within 72 hours of admission.
- Provide information via our carers board which can be viewed during your visits to the unit. This will carry information about:
 - our carers lead –the matron is happy to answer any questions or concerns or wish to make us aware of anything about the person you care for
 - the carers forum which meets twice a year
 - a range of relevant support services/agencies including advocacy

Hopefully, the carers pack, together with the carers board will provide you with most of the information you need, but please don't hesitate to contact me if you are unsure of anything or need any further information.

Matron.