



CINNAMON  
GROVE

'Extraordinary Care For Extraordinary People'



## Cinnamon Grove – An Extraordinary Experience

Our inspiration stems from several decades of operating world class senior living facilities in the UK and a deep desire to 'make a difference' by enhancing the lives of seniors wishing to retire to Sri Lanka or requiring assistance in their golden years.

Located just 20 minutes from Colombo exit of the Southern Expressway, Cinnamon Grove is a brand new facility which offers an extremely personalised approach to residential and respite care for seniors seeking the finest levels of service.

Every member of the Cinnamon Grove team gets to know each resident as an individual – for us this is an absolutely essential part of providing high quality, personalised care.

The care team carry out a wide range of engaging and stimulating activities, from gardening and painting to gentle but stimulating exercises.

We know that it's the small touches that make somewhere feel like home, throughout Cinnamon Grove you'll find thoughtful design features that stimulate the senses such as our blossoming sensory gardens.

Our logo is based on the yin and yang symbol where the whole is greater than the sum of the parts.

This is the visual metaphor for our brand that seeks to deliver a holistic and extraordinary experience to our residents.

## The Vision



We know that we are here to enhance your life, not to dictate or cajole. We acknowledge and respect the fact that you have made a valuable contribution to society during your life before you come to join us and one of our greatest pleasures is getting to know you and learning of your past experiences.

Cinnamon Grove is truly a home, your home, where you have the choice and freedom to do exactly what you want, with whom you want and when you want. Our role is to make sure you are receiving the tailor made care and support you need to enjoy your days.

We encourage our residents to be as independent as possible, continuing to do the activities and hobbies they've always enjoyed, even develop new interests and enjoying their favourite foods. That's why we tailor our care and support for each individual, so it's as unique as they are.

Hairdressers and chiropodists visits can be arranged upon request and we have a local GP who can attend the home at a moment's notice. As advocates of the therapeutic benefits of interacting with loving pets such as Labradors, we are in the process of assessing such options for Cinnamon Grove.

Our commitment to achieve the highest standard of care never before seen on the Island is defined by our pledge to operate the home to the UK's Care Quality Commission (CQC) standards.

Never wishing to rest on our laurels and in addition to the CQC, we aim to introduce and achieve Investors In People certification by August 2016.



## Care Management

A major part of our service is the level and standard of care we provide our residents. Which is why we make sure that our staffing levels are in accordance with the UK's best practice and probably the highest in Sri Lanka.

Combine this with our attention to detail, training and supervision and you can rest assured that your loved one is getting the quality of care they truly deserve.

International exposure and globalization brings with it a heightened demand for the best the world has to offer, including elderly care, where individual care is an imperative.

A bespoke care plan is prepared for each resident, this is regularly reviewed and updated to ensure individual needs are constantly met.

As part of our corporate social responsibility (CSR) initiatives, we provide hands on work-experience/training to students who have completed the initial stage of the Health Care International Vocational Qualification (IVQ).

All students still go through the relevant checks before they starting working at the home. All we ask is that the students have a true passion and interest in caring for the elderly and are prepared to offer their commitment.

We believe such opportunities bring great benefits both to the home and the students, and align with our core principles of the whole being greater than the sum of the parts.



## The Facility

Operating to the UK's exacting care standards, designed and constructed by care specialists using the finest materials and the first of its kind in Sri Lanka. Dedicated care is provided from the modern, purpose built facility set on several acres of scenic greenbelt, and just a stone's throw from Colombo.

The contemporary and bespoke accommodation has been diligently selected to ensure absolute wellbeing and comfort. All single or dual bedrooms have en-suite facilities with support rails and are fitted with electronic nurse call features for complete peace of mind.

The rooms have access to the landscaped and secure gardens, with mobility, wherever possible, being encouraged. The beautifully manicured gardens provide a range of sensory features, including scented cinnamon groves, visually stimulating floral beds, and not to mention the myriads of tropical birds.

Communal lounges and dining areas craft a feeling of belonging and enthuse interactive discussion. At Cinnamon Care, we know that keeping the mind stimulated is imperative for a blissful stay.

The fully equipped salubrious kitchen caters to everyone's dietary, religious and ethnic needs.

We always try to use locally sourced and seasonal produce, conjuring up fresh and healthy menus whilst supporting the local community and environment.

Our own vegetable and herb gardens are continually expanding whilst the tropical trees deliver a range of year round fruits.

Meals can be enjoyed in the spacious and airy dining room, alternatively residents may wish to dine in the comfort of their own room.



## The Care

With over 30 years of specialist reminiscence care experience in the UK and partnerships with local and global institutions, it's where our passion lies.

Our approach to caring for people with dementia is based on comprehending an individual's uniqueness. Every resident has specific needs and we believe that bestowing the correct type of personalised support is an essential part of care system.

The care philosophy will be maintained through programmes of activities designed to encourage mental alertness, self-esteem and social interaction.

Staying alert by enhancing everyday activities and participating in the home's operational duties is part of our care programme.

All staff undergo thorough reference, security and qualification checks prior to becoming part of the care family. During the initial induction the staff receive in-house training by either the Director of Care or qualified senior managers in the following core subjects:

- Care code of conduct
- Confidentiality
- Health and Safety
- Vulnerable Adults Protection
- Personal Care Tasks

The team must work towards the globally recognised UK NVQ level 2 and 3 in Health and Social Care qualification through study and hands on experience. All laundry, maintenance and kitchen staff receive training in Health and Safety, Infection Control, Moving and Handling and Fire Safety.

Additionally, we are an approved training centre for the globally recognised City & Guilds qualification in Healthcare. We were granted this accolade because of our UK standard processes and procedures, and the expansive experience and qualifications of our Director of Care.





## The Engagement

Prospective residents wishing to join the Cinnamon Care family will be encouraged to visit the home and enjoy a trial stay. This presents the resident and their loved ones the opportunity to get to know the staff and indulge in the exceptional level of service and comfort we offer.

A physical and mental health assessment is always carried out by the Director of Care or qualified staff enabling a smooth and seamless transition from your home to ours.

We are pleased to accept residents on long-term, short-term convalescence and holiday stays.

Our aim is to make every resident's stay as comfortable as possible ensuring their latter years are filled with enchantment and delight.

*' When people have worked hard throughout their life, we believe they deserve extra cherishing. They need a home where individuality is emphasised by exceptionally dedicated staff who have time to give attention to the smallest detail '*



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