



Sisters
Hospitallers



Elderly People

Did you know that our institution provides comprehensive care to the elderly with functional, cognitive, and/or behavioural impairments and polypathology? Learn how this activity is carried out in the Province of England.

May 2017



Sara Baldesare

**Manager at
St. Teresa's
Home in
London,
England**



My name is Sara Baldesare and I have been manager at the Sisters Hospitallers facility for the elderly, St. Teresa's Home, in London (England) for just over a year. Over the course of my professional career, I have worked at several care homes performing various functions: day and night nurse, charge nurse, and area manager. Thanks to this experience, I have an in-depth understanding of how geriatric care centres operate.

I have had many positive professional experiences over the years, but St. Teresa's Home is the place I like most. From the outset, I loved the home's warm atmosphere, the hospitable spirit of the sisters, their charisma, the selfless company and care they provide the residents, day and night. The bond that exists between the sisters and the employees is very special.

At the home, **we adapt our way of working to the people who live under our care.** Although each resident has unique needs and requirements, our primary areas of care are:

- **Nutrition:** our relationship with the cooks is excellent. We hold meetings with residents to select the menu and/or discuss certain nutritional changes, according to their needs.
- **Care:** when we welcome a new resident, we conduct a preliminary assessment that includes his/her "Care Plan," which is reviewed quarterly. This plan also reflects the lifestyle of each person by taking into account his or her care needs.
- **Therapy:** is carried out during daily activities. Our coordinator, Anita Tsaneva, does a wonderful job with the residents. In this program, which

begins after breakfast, **we perform psychomotricity exercises, crafts, and pet therapy, to stimulate their creativity and their senses,** while encouraging socialisation and enhancing their sense of belonging.

We always decorate the house with the residents' artwork. **Every week we welcome volunteers;** students from different schools come to animate us with their contagious energy and help us with the activities. **On a regular basis, we attend concerts, recitals, take excursions, visit museums,** etc.

In addition, **we try to develop new care dynamics.** We are currently working to develop sensory activities as a therapy for people with dementia.

- **Autonomy:** it is essential that residents maintain their autonomy to the extent possible and fend for themselves, though our caregivers are always there to lend a hand with whatever they may need.

We work together with the sisters to offer spiritual support. Residents generally spend the last stage of their lives with us, so it is vital that we care for them in a comprehensive way. To do so, our pastoral group is in charge of enhancing our efforts and promoting spirituality as part of the daily work of caregivers.

Some residents develop mental illness as a result of age. Our employees, and especially the sisters, are very accustomed to treating these cases. If the assistance of a psychologist or psychiatrist is needed, we will request it through the general practitioner.

