



Four Seasons Health Care

Gilmerton Neurological Care Centre



Focus on our service

The Gilmerton Neurological Care Centre (GNCC) believes in giving people with neurological conditions and brain injury the best possible opportunity to regain maximum functionality through slow stream rehabilitation and grow as individuals, discovering and re-discovering ways back into fulfilling life.



Living Well
Together



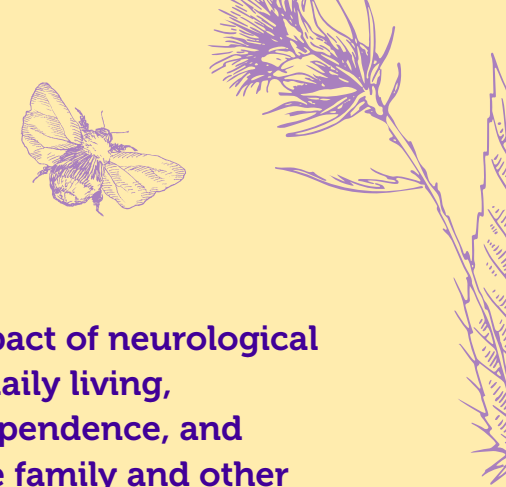
Ethos

Gilmerton NCC recognises the impact of neurological conditions and brain injuries, on daily living, individuals' functionality and independence, and the effect that this can have on the family and other relationships.

We believe in the power of formal rehabilitation and therapy, and recognise the importance of meaningful leisure pursuits and real-world experience as essential steps in the rehabilitation process.

Everyone in Gilmerton NCC has the support they need to live well, on their own terms.

- All service users will be partners in their care and support; a "what matters to you" approach is important to GNCC staff.
- GNCC will continue to improve the provision of co-ordinated healthcare and rehabilitation.
- Ensure high standards of effective person centred care and support.
- Service users will have access to Health Care Professionals at the most appropriate time.

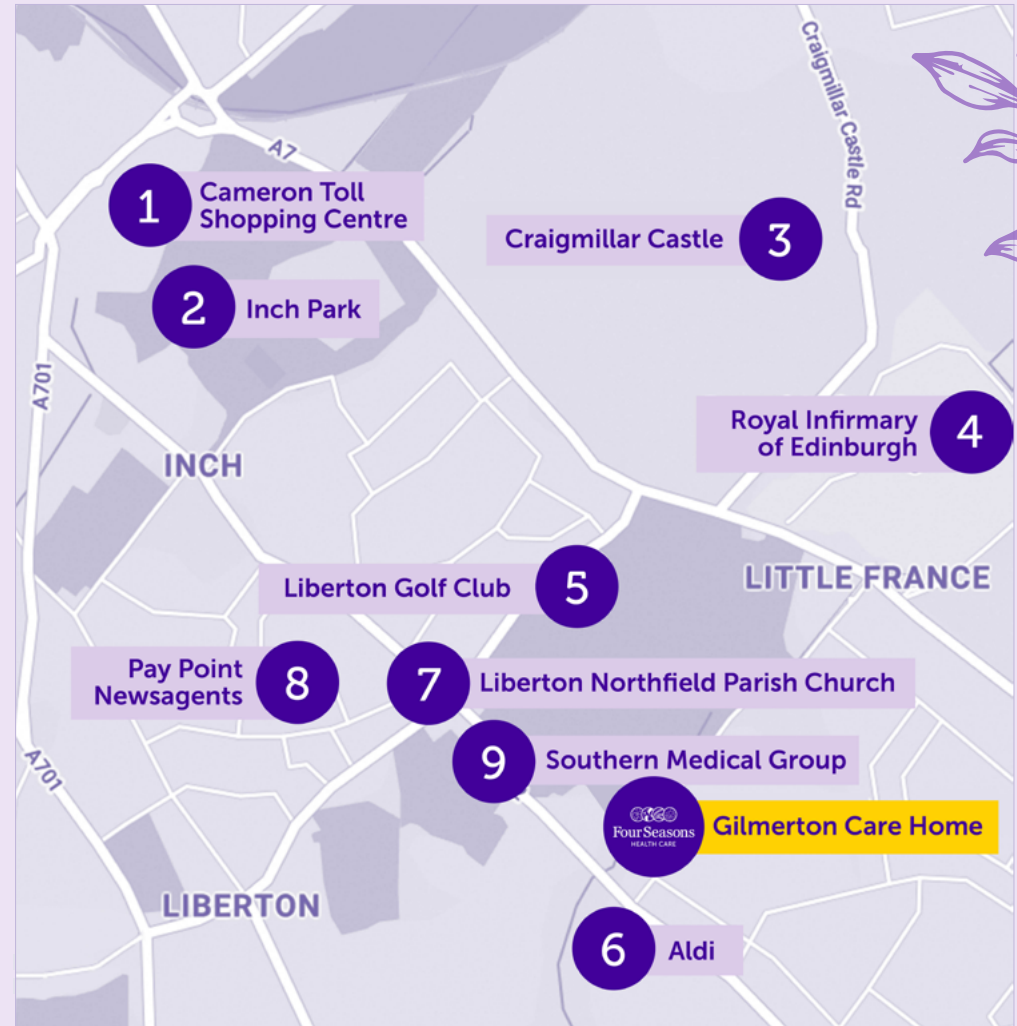


Location

Gilmerton Neurological Care Centre is located in Edinburgh South in the Moredun area. We are close to shops, amenities, public transport and the A772. Cameron Toll Shopping Centre is just one mile away.

Transport

The service has good transport links. Edinburgh airport is 13 miles away on the City of Edinburgh Bypass. Waverley train station is 3.3 miles away. There is a good network of Lothian buses. The centre has access to the Care Home minibus and this is used for excursions. The centre has contract taxis to support service users on medical appointments.



Gilmerton Care Home

1

Cameron Toll Shopping Centre

2

Inch Park

3

Craigmillar Castle

4

Royal Infirmary of Edinburgh

5

Liberton Golf Club

6

Aldi

7

Liberton Northfield Parish Church

8

Pay Point Newsagents

9

Southern Medical Group



Types of care provided

We provide slow stream rehabilitation for residents with acquired brain injuries and those with palliative care needs. Some individuals may still have the potential to make continuous progress even several years after the brain injury although this may be slow. This helps to maintain and regain some functionality.

Rehabilitation:

Covering brain injury rehabilitation and a range of neurological conditions such as: Motor Neurone Disease, Multiple Sclerosis (M.S.), Parkinson's Disease, Epilepsy, Stroke, and other neurological conditions.

Nursing:

GNCC provides 24-hour nursing care delivered by a team of nurses and carers, led by our Clinical Nurse Lead Coordinator.

Palliative:

GNCC has achieved 7 Steps to ACP for Care Home Staff (Anticipatory Care Planning - a long-term programme in partnership with Edinburgh Health and Social Care) and also receive support from Marie Curie, for service users who require end-of-life care.

Physio/Occupational/Functional Therapy Team:

This team provides comprehensive interdisciplinary assessment and intervention for various neurological conditions.

Goals and interventions include improvement of cognitive skills, development of compensatory skills for permanent neurocognitive deficits, development of psychological coping skills to improve emotional wellbeing, activities of daily living, leisure and recreational activities, and return to assisted work where possible.

The team provides support in the following areas:

- Daily living skills
- Problem solving
- Motivation
- Health promotion
- Physiotherapy sessions
- Hydrotherapy session
- Rebound therapy
- Sensory session
- Music therapy
- Cognitive therapy games
- Volunteer jobs

Social Activities:

- Social games
- Dance/tea dance group
- Gym/fitness
- Coffee morning group
- Tennis/bowling
- Cinema
- Dining experience
- Headway Day Centre and Garvald Day centre
- Team dinners (cuisines from across the world)
- Shows, both in house and out in the community
- Access to arts & crafts
- Entertainers

Music Therapy:

Monday/Friday

Physiotherapy Sessions:

Fridays & Saturdays with Physiotherapy Specialist

Monday, Wednesday, Thursday, Friday with Physio Assistant

Hydrotherapy Sessions:

Mondays – 5:00pm - 6:00pm

Fridays – 10:00am - 12:00pm

Rebound Therapy:

Tuesdays – 12:00pm - 1:00pm

Sensory Therapy:

Wednesday



Bedrooms

All bedrooms are single occupancy en-suite rooms. Service users are encouraged to personalise their own space.

Access & Facilities

The centre is situated on the ground floor with access to the garden.



Lounges

- Sitting room for social activities and watching TV.
- Quiet lounge with a Coffee Corner facility for reading, watching TV, digital activities and keeping families connected.

Our local community

GNCC are involved with the community, local charity organisations, volunteers centres, schools and nurseries:

- Greenspace Trust – walking groups, gardening groups, silent disco groups.
- Good Threes Centre – baking groups, social tea party events.
- Community involvement e.g. litter picks.
- Dog/Pet Therapy.
- Ginger Bread Group (pre-school age children groups) – arts and crafts, carol singing, planting flowers etc.
- Afterschool group (7-13 years old) – outings, games, reminiscence, singing, stories and reading, etc.
- Edinburgh Volunteers Centre – individual assessment for service users to find a volunteer job.

Approved provider scheme

Gilmerton NCC is incredibly proud to be named one of Headway's Approved Providers. Headway – The Brain Injury Association, are a UK-wide charity that works to improve life after brain injury by providing vital support and information services.

In order to be recognised as a Headway Approved Provider for acquired brain injuries, we have to demonstrate that we can provide appropriate specialist care for those with complex, physical and or cognitive impairment due to acquired brain injury. Accreditation involves meeting specific standards and ensuring team support families and the needs of service users. Our current accreditation period runs from 2020 – 2022.

Key aspects of the process include ensuring our team are aware of and responsive to issues associated with ABI, and that we give total consideration to the information and other needs of the service user, their family and carers.




GP / Medical Cover


Gilmerton NCC work with a comprehensive multidisciplinary team through our GP referrals for our service users, providing access to clinical experts in specialist areas: SALT, Dietician, Counselling, Psychiatrist, Psychologist, Neurological Consultants etc.

Physiotherapist will refer to Occupational Therapist (O.T.), Sitting Assessment Clinic, Spasticity Clinic and other specialist departments when required.

Service users benefit from regular reviews by specialist consultants in areas such as MS, Epilepsy, Behaviour Management, Parkinsons etc.

Want to find out more?

 0131 341 6080

 **Gilmerton NCC**
9 Moredunvale Road,
Moredun,
Edinburgh,
Midlothian,
EH17 7QU




Four Seasons Health Care
[fshcgroup.com](https://www.fshcgroup.com)