



*Care that goes  
above and beyond*



**WORTHINGTON  
LAKE**  
*Standish*



# MILLENNIUM CARE

Millennium Care has decades of experience in providing care services across four key areas: Respite, Residential, Nursing and Specialist Dementia Care.

Every individual living within the Millennium Care family has a care plan tailormade to their individual needs and more importantly, their wishes.

We believe in the importance of offering person-centred care, which is why these needs and wishes are always prioritised.

Everyone in our care is encouraged to remain as independent as possible and flourish through our focus on social interaction and wellbeing.

We want our family to maintain a high quality of life through choice and empowerment.

CALL US **01257 424 927**

VISIT **[www.millennium-care.co.uk/care-homes/worthington-lake](http://www.millennium-care.co.uk/care-homes/worthington-lake)**

EMAIL US **[Kim@millennium-care.co.uk](mailto:Kim@millennium-care.co.uk)**





# *A warm welcome to Worthington Lake*

“Worthington Lake is a beautiful place to live and work. It is an honour and a privilege to be part of such an amazing group where everyone is appreciated and valued.

Our residents are treated like royalty with the staff going above and beyond every day. At Worthington Lake, we really are one big, happy family.”

*Kim*

HOME MANAGER



**WORTHINGTON  
LAKE**  
*Standish*



WORTHINGTON LAKE

# CARE THAT GOES *above and beyond*

Worthington Lake is our purpose-built, accredited dementia care home based in Wigan. Set within the beautiful, rolling green belt countryside, our home is tailored for state-of-the-art dementia care, both in design and culture.

From expertly trained staff, to a bespoke open-plan environment, we've worked with leading academics to create a home that promotes independence, improves wellbeing, and empowers residents.

The impressive site is managed around the clock by a team of experienced, expert house assistants, and from the moment you walk through our doors, you become a part of our family.

From the open plan, homely communal spaces, to large, dementia-friendly gardens, our home has been designed and built for those living with dementia.



Worthington Lake is also one of the first homes in Greater Manchester and Lancashire to be awarded the Stirling University Gold Accreditation for Excellence in Dementia Design Principles - one of only 10 homes in the UK.



# A BESPOKE *living environment*



Cognitive impairments are a common dementia symptom which can make it difficult to navigate new or even familiar environments. Research has found that an open plan design can help people find their way around these environments, as it eliminates the need to remember where areas of the home are, reducing both frustration and confusion.

At Worthington Lake, our living environment is based completely around an accessible, open plan design.

## HOME HUB

Each floor has an open plan, central home hub which allows residents to see all relevant areas from one place. Corridors leading away from the hub are kept short to allow easy navigation to bedrooms.

## SIGNAGE

A clear signage system helps people find their way around independently, without relying on House Assistants to direct them. Signs are created with a domestic aesthetic and engraved with contrasting colours to aid recognition.

## DOMESTIC LAYOUT

The fully-accessible layout of the home and gardens encourages residents to take part in an active home environment. This includes double glazed windows and doors to fill rooms with natural light.

## INDEPENDENT KITCHENS

Our open plan kitchen allows residents to be active participants in the preparation of their own meals, drinks and snacks with support from House Assistants if needed.



## IN YOUR *words*

“Worthington Lake is a wonderful place, I love it. The best part is having fun and making new friends and the staff are more like family.”

*Susan*

CURRENT RESIDENT  
OF LAKESIDE



WORTHINGTON LAKE

# YOUR WELLBEING

*is our priority*

Mental and physical wellness are of paramount importance to us at Worthington Lake. We have been commended as a Parliamentary Review Best Practice Example Care Home in recognition of our innovation when it comes to resident wellness.

Our approach is based on the five key psychosocial needs for a person living with dementia as identified by dementia care pioneer, Tom Kitwood: Identity, Attachment, Comfort, Inclusion and Occupation,



At Worthington Lake, we aim to meet all five of these needs within a bespoke living environment. For example, memory boxes are installed outside residents' bedrooms, with special photographs and mementos to add a sense of identity and attachment. Inside their rooms, residents have luxury soft furnishings with plush beds for maximum comfort.

## A FOCUS ON OCCUPATION

Though often overlooked in care home environments, occupation – the act of occupying time with meaningful activity – is a vital psychosocial need. At Worthington Lake, we support our residents in maintaining their daily routines and participating in activities that are significant to them. An open plan kitchen in each home hub enables residents to keep their independence and our guests can choose to take part in whichever day-to-day activities they want to. Whether that's their own cooking in the evening or a quick



tidy around in the morning, such activity encourages a sense of meaning and ownership over the environment. When family and friends come to visit, residents are able to prepare drinks and snacks for them much like they would have done at home. The kitchen also includes a washing machine which is available for residents to use if they wish to further boost occupational activity and independence.

Our Occupational Therapist, Zofia, works on building fitness through exercise while Josh, our Activities and Wellness Coordinator, works to rebuild confidence, trust, and wellbeing.



## A HOUSEHOLD MODEL

Worthington Lake employs a truly innovative approach to dementia care. A central part of this is our household model of care.

Rather than a 'them and us' organisation of staff and residents, we incorporate our house assistants into the secure, homely environment.

Within our household model, we've been able to create a real community environment. We don't wear uniforms, we don't have separate dining rooms, everyone eats together, takes part in activities together, and runs the home as a family.

This has a positive effect on both residents and staff. For residents, the relationships formed through the continuity of care from House Assistants means that receiving care is less daunting. It's more like receiving support from a friend.



## SOLID FOUNDATIONS FOR DEMENTIA CARE

We believe in a research-led approach to dementia care which is why our team have worked alongside academics from the University of Stirling and their world-renowned Dementia Services Development Centre (DSDC).

The DSDC worked closely with us to design a truly bespoke environment for those living with dementia, incorporating the latest academic research into creating a home that supports residents' independence and personal choice.

Our dedication to high-quality dementia care goes beyond the design of our home. The Worthington Lake team also benefits from DSDC training and education, perfecting our knowledge and skills to make a difference to people with dementia, improve professional practice and enhance careers.

# AWARDS



Top 20 rated care home 2020



Social Care Covid Hero  
and Care Team Finalist



Parliamentary Review Best  
Practice Care Representative



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CALL US 01257 424 927

EMAIL US [Kim@millennium-care.co.uk](mailto:Kim@millennium-care.co.uk)

Worthington Lake, Chorley Road, Standish, Wigan, WN1 2XN

