

# Resident Wellbeing

At CareChoice Malahide Road, we're passionate about social activities.

All activities benefit Residents psychologically, socially, spiritually and physically. Our Residents' Committee meets regularly to discuss and plan activities that interest them and places to visit. This is backed up by our dedicated Activities Team which facilitates a wide range of both group and individual activities including:

- Gardening Club with our Polytunnel
- Knitting Club
- Weekly Cookery Club
- Malahide Madness Trolley includes mobile makeovers, pub afternoons and ice cream parties.
- Karaoke
- Themed Events
- Art Classes
- Pet therapy
- Choir

Our programme is carefully tailored so that each Resident can choose activities that they like most and we provide one-to-one activities for Residents that aren't keen on group settings.

To make sure we're always doing what's best for our Residents, in addition to weekly feedback, we undertake a Satisfaction Survey each year. Led by the Activities Team, the survey provides us with invaluable feedback and ensures every Resident has their voice heard.



# Our Care

At CareChoice our philosophy places Residents at the centre of their own care.

Our aim is to give Residents the best quality of life and the best possible care, so our 24/7 care is individualised and planned alongside Residents and families. Our NMBI Registered Nursing Team and QQI accredited Healthcare Assistants take pride in providing compassionate, individualised care for Residents.

We specialise in several different models of care, the type of care that suits your loved one will depend on their individual needs and preferences.

## Our Care Includes:

- Full-Time Residential Care
- Convalescence Care
- Respite Care
- End Of Life Care
- Dementia Care
- Dementia Friendly Care



# Malahide Road



## CONTACT US

CareChoice Malahide Road  
Mayne River Street  
Malahide Road  
Northern Cross  
Dublin 17  
D17 YF77

Phone: +353 (0)1 877 0844  
Email: [receptionmalahide@carechoice.ie](mailto:receptionmalahide@carechoice.ie)



[carechoice.ie](http://carechoice.ie)

# Welcome to Malahide Road

Located just off the Malahide Road in one of Dublin's most sought after locations, CareChoice Malahide Road is ideally positioned with easy access to local shops and cafés. Our beautifully landscaped gardens to the rear of the home offer a sense of tranquility and peace that's reflected as you enter the front doors.

Here at CareChoice Malahide Road we operate with one very simple philosophy. We know that all our Residents are individuals and we're dedicated to helping them stay that way. Through our person-centred approach – we go the extra mile to ensure that they can continue living the life they love, right here in Malahide Road.

To that end we've developed a staff that provides the perfect mix of experience and training to ensure that every resident gets the individual, compassionate care that they need.

We're always happy to welcome visitors and are easily accessible by bus and have free on-site parking. And, of course we're always delighted to answer any questions from Residents or families – it's key to how we do things.

## Person-Centred Care, Tailored to Your Needs

### SHORT TERM

- Convalescence Care:** Our specialties include post op recovery for joint replacements and cataract surgery, providing an excellent standard of care.
- Respite Care:** We're here for you when you may need some extra TLC, offering a temporary home from home with plenty of activities and stimulation to keep you living your best life possible.

### FULL TERM RESIDENTIAL CARE

- Dementia Friendly Care:** Our dementia friendly unit is one of the best in the region, with homely features that provide familiarity and stimulation for residents in a setting they are comfortable in.
- Dependency Care:** Frail elderly and other dependent adults are welcome to make their home with us, providing a safe space where they can be themselves, live life to the full, connected to their family, their friends and their local community.
- Palliative Care:** A CareChoice speciality, we strive to make residents and families as comfortable as possible during this difficult time and both residents and their families are treated with the utmost dignity and respect.

### OUR TEAM



**Attracta Boyle – Senior Administrator**

Attracta is the Senior Administrator in CareChoice Malahide Road and is the main point of contact for all Enquiries and Admissions to the Nursing Home. Attracta also has responsibility for all resident's accounts.

Having personal insight and understanding of the transition to Nursing Home Care, Attracta is dedicated to ensuring that the journey from enquiry to admission stage is made as easy as possible for both the resident and their families. Attracta would be happy to assist and answer any questions you may have.

If you are interested in CareChoice Malahide Road, please contact Attracta on 01-8770844 or alternatively email Attracta at: [adminmalahide@carechoice.ie](mailto:adminmalahide@carechoice.ie)



**Ioana Tiolan – Director of Nursing**

**Qualifications:** BSc in General Nursing (2012), Diploma in Psychology (2020), Nursing Home Management: Leadership – QQI Level 6 (2014), Managing People - QQI Level 6 (2020).

**Professional Focus:** Ioana is a high-performing Director of Nursing, with demonstrated ability to lead and motivate outstanding healthcare teams. Having joined the CareChoice Group in 2017, Ioana has been instrumental in supporting the senior teams with a focus on promoting exceptional quality person centred care to residents of CareChoice Malahide. Her compassionate and dedicated approach, ensures that both residents and family are given support, guidance and inclusiveness while residing at CareChoice Malahide.

Email: [ioana.tiolan@carechoice.ie](mailto:ioana.tiolan@carechoice.ie)

# Services/Buildings

At Malahide Road we offer a range of different services to our Residents.

A sample of some of these services are:



**General Practitioner**



**Physiotherapy**



**Occupational Therapy**



**Chiropody**



**Hairdressing**



**Pharmacy Services**



**Religious Services**



**Exercise Sessions**

We also have links with CNS Gerontology, Community based Mental Health Services, Dietician and Speech and Language Therapists.

Our talented Head Chef is trained in the IDDSI framework for people living with dysphagia. Supported by a fantastic catering team he creates monthly menus in consultation with the Residents, all in all we view great food as a given here in CareChoice Malahide Road. In addition, special meals to complement our themed events or celebrations are always very well received.

We pride ourselves on our Activities Programme, keeping the activities as varied and interesting as possible. We've enjoyed arts & crafts, visits to parks and theatres, card games and bingo and have great plans for many more activities.

Here at CareChoice Malahide Road we have space to accommodate up to 165 Residents. Beautifully landscaped gardens give everyone the opportunity to enjoy the summer sunshine in a relaxing environment.

Our dementia friendly Birch Unit is specially designed to enhance the experience of a person living with dementia, with themed murals, pictures of local landmarks and interactive displays.

The result is a beautiful home with features that include:

### Features

- Large Open Plan Reception area with seating for family and Residents
- 9 Living Rooms
- 5 Dining Rooms
- 4 Activity Rooms
- Hairdressers Salon
- Oratory
- Open Plan Recreational Space on our Top Floor
- Beautifully Landscaped Garden



The care and attention my mother gets is very good. The staff treat my mother with great respect and we can see the bond between my mother and staff.

Resident's Daughter  
CareChoice Malahide Road