

Other services

Hairdressing - we have a hairdresser in attendance on various days in the week (prices are displayed in the salon).

Chiropody - arrangements can be made for a chiropodist to visit.

Newspapers - we have a variety of newspapers delivered or clients can opt to have their own newspaper delivered.

Optician - arrangements can be made to see an optician if required.

Dentist - visits can be arranged if required.

Mobile Shop - We have a mobile shop which comes around the units to purchase toiletries, snacks and activities. We also have a small aid shop where you can purchase everyday living aids such as sock aids and leg lifters.

We have a modern gym facility with exercise equipment used to enhance physical rehabilitation.

Milton Grange Values



Compassion
& Kindness

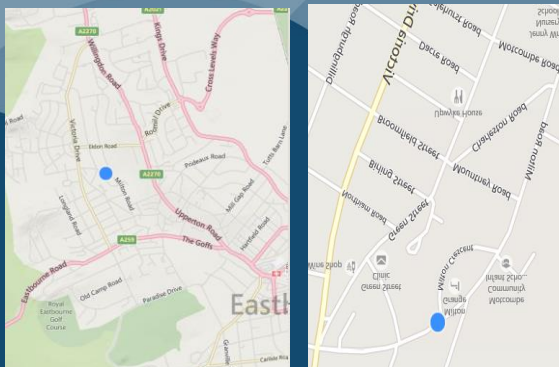
Working
Together

Pride in
Our Work

Respect



How to find us



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March 2023

Milton Grange Intermediate Care



eastsussex.gov.uk



About Us

Milton Grange is an East Sussex County Council facility regulated by The Care Quality Commission (CQC). Reports are available online at www.cqc.org.uk



Our vision at Milton Grange is to assess, improve or restore a person's quality of life after illness or injury through a multidisciplinary rehabilitative process. We also support our clients with mental health needs to make decisions about their care.

Staff consider all aspects of a person's needs- Physical, psychological, social, and environmental. This support can make a real difference giving a renewed sense of purpose, opening up new horizons, which may change the way a person feels about their future.

Our team find ways to support people to manage daily tasks and activities. This might include finding support initially with self-care, accessing the community, prescribing equipment, or taking part in social and leisure activities.

Accommodation

Accommodation comprises of a fully furnished single bedroom with emergency call bells and smoke detectors. All bedrooms have an en suite shower, toilet and washbasin (there are also assisted baths available) and each room is equipped with a plasma TV.



Each unit is self-contained with its own lounge, kitchen and dining room.

We have a large garden with a decking area at the rear of the building with seating areas. There are raised planted beds and a sensory garden to enjoy when the weather allows.



Activities

There are a variety of activities to take part in catering for all needs. For example, board games, quizzes, films and music appreciation as well as the opportunity to take part in chair-based exercises.



Wi-Fi Internet

We have a public Wi-Fi system, which means you will be able to access the internet from most areas, including your bedroom, using your own phone, laptop or tablet. Staff will be happy to assist you with accessing this.

Meals

All our meals are freshly prepared on site and meal choice can be selected for the following day. We can provide a selection of meals including vegetarian, diabetic, Kosher and Halal.

Day Centre

We have a day centre on site catering for up to 50 places in the week and 25 places at weekends.