Nightingale Care Home

ROMFORD | RESIDENTIAL & HOME CARE



Care. Comfort. Connection.

Person-centred support. A place for your story.

WELCOME

A new chapter. A personal choice.

Choosing care is about people, trust and feeling understood. This guide helps you explore your options and begin a conversation with our team.



Your needs. Your routine. Your voice.

Care begins with what matters to you.

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About the imagery: all people and interiors shown are AI-generated illustrations. They do not depict actual Nightingale residents, staff or premises.

OUR APPROACH

Care built around you.

Every person has a story. We start by listening.

01

Dignity

Support that respects your identity, background and choices.

02

Independence

Tell us what you enjoy doing for yourself and where help would make a difference.

03

Connection

Share the relationships, interests and routines that help you feel at home.





RESIDENTIAL CARE

Support for daily life. Space to be yourself.

Residential care may be suitable when someone needs help with personal care and everyday routines in a care-home setting.

A personal starting point

Tell us about your current needs, preferred routines and the things you would like to continue doing independently.

Explore the home

Arrange a visit to meet the team and ask about rooms, shared spaces, availability and the support offered.

The person comes first.

Familiar stories. Meaningful relationships. Thoughtful support.



Understanding what matters

Share familiar routines, favourite interests and the ways your relative communicates. These details help the team understand the person behind the diagnosis.

Planning together

Discuss current needs, changes you have noticed and what offers reassurance. Ask whether Nightingale can provide the support required.

A little time. The right support.

Short-term care, considered around individual needs.



A temporary stay

Respite care can offer a short-term arrangement when a usual carer takes a break or circumstances change.

Plan the practical details

Ask about suitable dates, length of stay, fees and the information needed to help maintain familiar routines.

Availability and suitability are confirmed with the team.

Familiar surroundings. Individual support.



Care in your own home

Home care may include personal care, help with daily routines and companionship, according to an agreed care plan. Talk to our team about the support you need and the things you want to keep doing independently.

Ask about areas covered, visit times, tasks and charges.

Support through life’s transitions.





Hospital-to-home care

If you are preparing to leave hospital, discuss the support needed, discharge information and the professionals involved in planning the next step.

End-of-life care

Share the person’s wishes, comfort needs and important relationships. Ask how support is coordinated with the relevant health professionals.

A conversation about what is needed now.

Nightingale lists both services on its website. The team will discuss whether the service can meet the individual’s assessed needs.



OUR APPROACH TO TEAMWORK

Kindness in the everyday details.

Nightingale’s care team receives ongoing training and works together to provide respectful, person-centred support. A visit is a chance to meet the actual team and find out who would be involved in your care.

Listening

Your preferences and questions matter.

Working together

Ask how information is shared within the team.

Keeping in touch

Find out who your main contact would be.

Meaningful moments.

Interests, celebrations and time spent together.



Time to create.
Time to connect.

Nightingale’s website shares activities, outings, celebrations and community updates. Tell us about your favourite hobbies, music and interests, and ask what is currently planned.



EVERYDAY COMFORT

The small things that matter.

Favourite food. A familiar routine. A moment to relax.

Food & drink

Share food preferences, allergies, cultural requirements and any help needed at mealtimes. Ask how individual needs are assessed.

Your daily rhythm

Tell us about mornings, evenings, quiet time and the belongings that help you feel comfortable. These preferences are part of the conversation.

The people you love. The connections you keep.

Your knowledge of a loved one can help the team understand their story, preferences and routines.

Share what matters

Talk about important relationships and what offers reassurance.

Keep the conversation open

Ask about visits, updates, feedback and your main point of contact.



YOUR NEXT STEP

Come and meet us.

Bring your questions. Take your time. Explore your options.





01

Arrange a visit

Call or email our team and agree a suitable time.

02

Tell us about your needs

Explain the care you are looking for and your preferred timescale.

03

See the home and ask questions

Meet the team and ask about care planning, daily life and rooms.

04

Understand the arrangements

Confirm suitability, availability, fees and what is included.



Nightingale Care Home

Let’s talk about care.

Arrange a visit or discuss the support you are looking for.

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SCAN TO VISIT