

A photograph showing a woman in a purple shirt, likely a caregiver, leaning over a table and smiling at two elderly people. The table is set with white cups and saucers, and there are two vases of flowers, one with white flowers and one with pink flowers. The background shows a large window with white curtains tied back with yellow ribbons, looking out onto a green landscape with trees and a building.

The Journey to Sonas Programme Certification for the Trinity Care Group: Our Experience Noeleen Sheridan, Director of Nursing



TRINITY CARE

Trinity Care 2019

Trinity Care Nursing Home Group provides private
Residential, Convalescent and Rehabilitative Care at
5 purpose built homes in Leinster.

Suncroft Lodge
Nursing Home 

Gormanston
Wood
Nursing Home 

St Peter's
Nursing Home 

St Doolagh's Park
Care & Rehabilitation Centre 

Foxrock
Nursing Home 



Our Vision



Our Vision is to be the leading provider of exceptional Residential care in Ireland where our Residents are supported and encouraged to maintain their own individuality in a homely environment.



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Our Mission



Our Mission is to promote and enhance the quality of life of our Residents by ensuring they are the focus of everything we do. Our staff are central to all we achieve and through them we deliver a high standard of care. Through professional management and a shared vision, we deliver continuous quality improvement in all our homes.



Our Values



RESPECT

Foster a culture
where our Residents
come first

Our Staff are central to
all we achieve

Focus on strong and
healthy connections
with our local
communities

Trust & openness



COMMITMENT

Superior Care

Grow the
business while
retaining our
values



EXCELLENCE

Continuous Quality
Improvement in
everything we do

Customer Focus

Learn & grow



PASSION







Believe in what
we deliver

Be innovative to
make a positive
difference

Have fun



Homes Overview

| | Gormanston Wood | Foxrock | Suncroft Lodge | St. Doolaghs Care & Rehabilitation Centre | St. Peters |
|--|---|---|---|---|---|
| Location | Gormanston Co. Meath | Foxrock Co. Dublin | The Curragh Co. Kildare | Balgriffin Dublin 17 | Castlebellingham Co. Louth |
| Specialist Services | Beech Dementia Residence | Dementia Friendly Environment | Dementia Friendly Environment | Acquired Brain Injury (ABI) Centre CARF Accredited | Caisleán Dementia Residence |
| Opened | 2000/2001 | 1990 | 2000 | 2001 | 2002 |
| | | | | | |
| Beds  | 89 | 41 | 60 | 72 | 69 |
| | | | | | |
| Q Mark Quality Accredited |  |  |  |  |  |
| Director of Nursing | Noleen Sheridan | Anna Noone | Sheila Power | Sharon Hennessy | Brett Boyes |



What is Sonas

The Sonas Programme is a person-centred, evidence-based therapeutic communication activity for people who have Alzheimers, other dementias, or other significant cognitive impairments.

The essential features of the programme are:

- Multi-sensory stimulation
- Focus on communication
- Use of structure and repetition
- Focus on abilities
- Person-centred



Types of Sonas Sessions



Sonas Group Sessions



Relaxing Individual Session



SIMS – Sonas Individual Multi-Sensory Session



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Sonas Group Sessions

Group Sessions consist of 8 residents, an SLP and a helper.

We explore our 5 senses through different mediums – music, poetry, stories, exercise etc.....



Sight



Sound



Smell



Touch



Taste

This is important in developing and maintaining communication and social skills.



Relaxing Individual Session

A relaxing individual session creates a relaxing, interactive environment which facilitates communication through music and touch.



Relaxing Individual Session

The aim of SIMS is the same as that of the Group Session – to provide a socially and cognitively stimulating activity that maximises opportunities for engagement and communication – on a one-to-one basis.





The benefits of Sonas to our Residents



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The benefits of Sonas to our Residents

Increased Communication Skills

- We found the repetition aspect of Sonas to be of great benefit to our Residents. For example, an almost non-verbal resident, after coming to a few Sonas sessions will participate more in the Sonas sessions, through songs and movement.

Encouraging Relaxation

- Sonas is a great tool to use when a Resident becomes agitated. We have experienced this on numerous occasions, whereby Residents have entered the session agitated but left session singing and smiling.



Structure

The organisation aspect of a Sonas session is of great benefit to Residents with dementia. Each group session is held in the same room, with max. 8 Residents, the same Sonas Licensed Practitioner (SLP) and also a helper that the Residents are familiar with. This makes a group session easier to manage, which in turn is beneficial to the Residents and the SLP.

Varied Sessions

Along with group sessions, Sonas also involves individual sessions. These are person-centred sessions, which are of great benefit to residents who are isolated. In these sessions there is a focus on well-being and promote self-awareness and relaxation.



Challenges of the Sonas Programme

- Space is a key factor when it comes to holding a group session. The SLP needs plenty of room to move in between the group. Our Nursing Homes have special designated areas for Sonas sessions.
- Carefully choosing Residents most suited to the Sonas programme on the day.
- Co-operation from all staff to ensure there is no interruptions in order to have a successful session.



Training & Certification

Sonas Licensed Practitioner (SLP)

In Gormanston Wood, we find that training is essential when working with our Residents. We find the Sonas programme to be extremely beneficial to Residents with Dementia. That is why we have trained our activities co-ordinators in Sonas, to become SLP's. We also have had staff members trained in Sonas, working as Health Care Assistant's on our Dementia Specific Beech Residence.

**In order to become an SLP,
a person must take part in
a 3 day training course**



Sonas Registered Centre

To apply to become a Sonas Registered Centre, a care centre which has 40+ beds requires a minimum of 3 SLP's and for less than 40 beds minimum 2 SLP's are required



40+ Beds



Min. 3 SLP's



40< Beds



Min. 2 SLP's



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Our Sonas Registered Centre

In 2018, Gormanston Wood Nursing Home received certification as a Sonas Registered Centre.



The assessment included:

- a review of Sonas programme documentation
- a discussion with our SLPs
- discussion with a member of the management team,
- the observation of a Sonas Group Session.



Trinity Care Group – The Sonas Experience

“When Sonas was introduced in Foxrock it was successful immediately. The Residents responded very well to the sensory prompts and we rotated the Residents fortnightly. We recognised that it was making a difference to the Residents involved. Interestingly the families of the Residents involved noticed a difference following Sonas and remarked on this to staff members. I think the key factors were the calming influence which was noted by Residents who would normally be agitated and the attention noted in the Residents who would normally be very quiet.”

Anna Noone, DON, Foxrock Nursing Home

“Sonas is vital part of Suncroft Lodge NH. We find the Residents benefit from the sessions. The Residents enjoy each other’s company by telling jokes, singing, tasting and reminiscing together. The information sharing seems to work well within Trinity Care.”

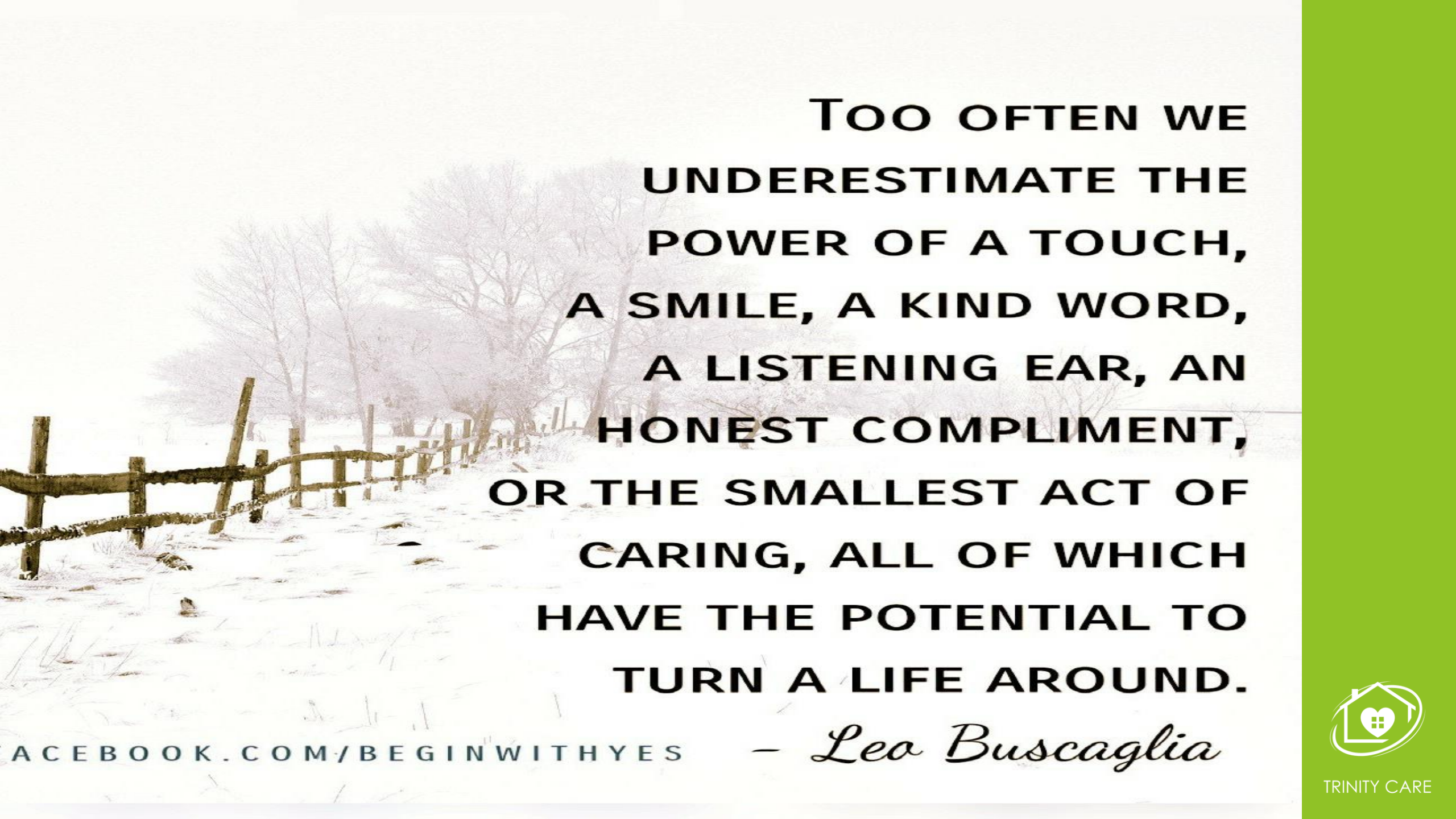
***Sheila Power, DON
Suncroft Lodge Nursing Home.***



The advantages of working as a group in Trinity Care

- Increases collaboration and co-operation
- Allows brainstorming
- Ideas are developed
- Improved productivity
- Better resolution to problems
- Tasks completed quicker
- Creativity increased
- Focus established
- Mutual support
- Increased efficiency
- Better results
- Good teamwork
- Goals achieved
- Communication





**TOO OFTEN WE
UNDERESTIMATE THE
POWER OF A TOUCH,
A SMILE, A KIND WORD,
A LISTENING EAR, AN
HONEST COMPLIMENT,
OR THE SMALLEST ACT OF
CARING, ALL OF WHICH
HAVE THE POTENTIAL TO
TURN A LIFE AROUND.**

[FACEBOOK.COM/BEGINWITHYES](https://facebook.com/beginwithyes)

- Leo Buscaglia



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Your Care Is Our Concern



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