



# Tramore Nursing Home

Tramore, Co. Waterford

ENHANCING THE QUALITY OF LIFE  
FOR OLDER PEOPLE

Mowlam  
Healthcare 

# Tramore Nursing Home



Purpose-built elderly care living in luxurious accommodation

Mowlam Healthcare provides person-centred health care with compassion, dignity, and respect. Our clear focus is 'To Enhance the Quality of Life for Older People'.

## This is The Mowlam Way

Our 92 bed home-from-home will be supported by an exceptional team of compassionate nurses, senior carers and care assistants, whose focus will be to enhance the lives of the elderly residents in our care.

Each bedroom will provide a private, comfortable and personal environment for both short-term recuperation or as a place to make your home. Residents' private bedrooms are just as important as our communal spaces in fostering a sense of home.

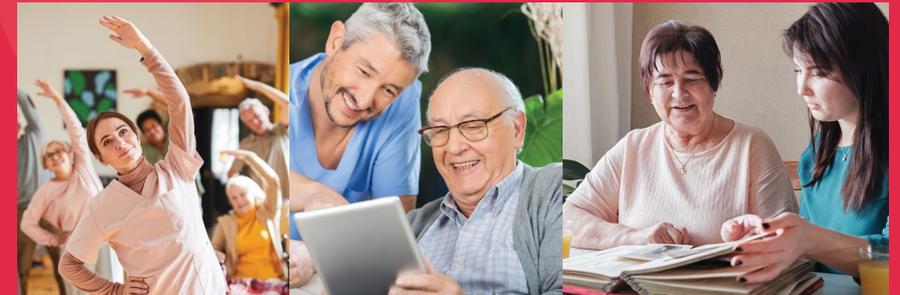


# Living with Purpose

Our residents' happiness and quality of life is our priority. We take time to get to know our residents so that they can continue to live their lives in keeping with their individual lifestyle choice

The communal rooms, breakout spaces and gardens provide opportunities for social engagement and we work with our residents to ensure that the wide range of indoor and outdoor activities meet their needs and interests.

There is something for everyone. We particularly emphasise activities which promote physical, cognitive, spiritual and social wellbeing.



## Personalised Nursing Care

- Long & Short Term Care
- Respite Care
- Rehabilitation Care
- Dementia Care

## Services

In addition to 24 hour nursing care, Tramore Nursing Home will provide:

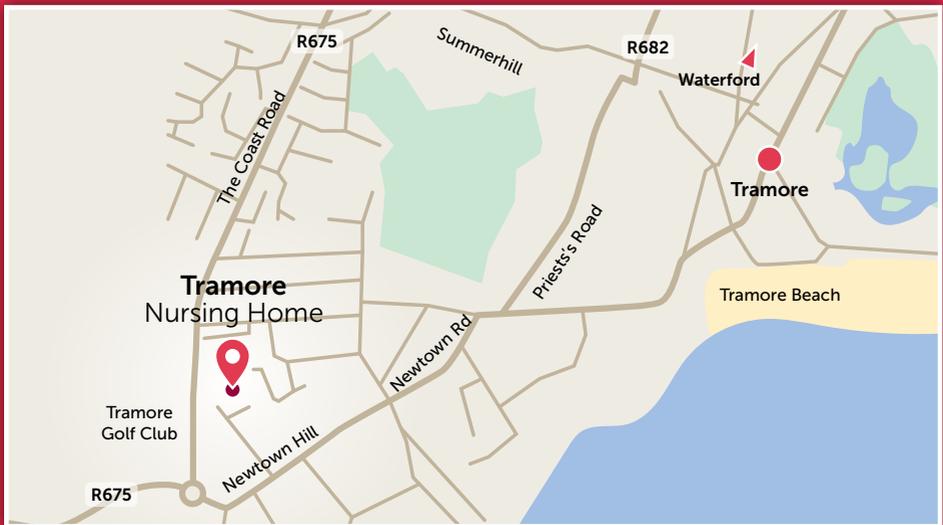
- Dementia Specific Therapies
- Activities based programmes
- Physiotherapy
- Occupational Therapy
- Music Therapy

Our residents will be provided with a choice of meals daily and all specialised diets and special requests will be catered for and have input from a dietitian.

## *A tranquil setting in the heart of Tramore*

The prime location of Tramore Nursing Home enables local residents to remain part of a community.

We know that moving into an elderly care residence can be a very emotionally challenging move. We understand you may have additional concerns at the moment. We are here to support you and your loved ones as you start this journey.



## **Register Your Interest**

**Phone:** 1800 203 213

**Email:** [info@mowlamhealthcare.com](mailto:info@mowlamhealthcare.com)

**Tramore Nursing Home, Newtown, Tramore, Co. Waterford**

**[mowlamhealthcare.com](http://mowlamhealthcare.com)**

Charleville Nursing Home will participate in the FAIR DEAL scheme.

**Mowlam  
Healthcare** 



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