

# Cunningham House Care Home Service

Cunningham House  
Saltcoats Drive  
Grangemouth  
FK3 9JP

Telephone: 01324 501 370

**Type of inspection:**  
Unannounced

**Completed on:**  
10 February 2026

**Service provided by:**  
Falkirk Council

**Service provider number:**  
SP2004006884

**Service no:**  
CS2003011522

## About the service

Cunningham House care home service is provided by Falkirk Council. The home is situated in the town of Grangemouth within a quiet, residential street close to the town centre and amenities including, a health centre, shops and public transport links.

Cunningham House provides a service for up to 21 people living with dementia or with reablement support needs. There are plans to only support people with reablement support needs in the future, although people currently living in the home on a long term basis will continue to do so.

Accommodation is provided in three separate units. All bedrooms are single size with ensuite toilet and wash hand basin facilities. Communal bath and shower rooms are nearby. Each unit has a spacious communal sitting room/dining room with a kitchen area where snacks and drinks can be prepared.

Additional communal areas provide space for people to spend time with family and friends or enjoy activities and visiting entertainment.

The home is surrounded by a large and pleasant enclosed garden.

## About the inspection

This was an unannounced inspection which took place on 9 and 10 February 2026. The inspection was carried out by one inspector from the Care Inspectorate. To prepare for the inspection we reviewed information about this service. This included previous inspection findings, registration information, information submitted by the service and intelligence gathered since the last inspection.

In making our evaluations of the service we:

- Spoke with or observed thirteen people using the service and six of their family members
- Spoke with 21 staff and management, including pre-inspection surveys
- Observed practice and daily life
- Reviewed documents
- Spoke with visiting professionals.

## Key messages

- People experienced high quality care and support.
- People benefitted from having allied health professionals and a rehabilitation gym on the premises, which enabled them to work more quickly on their health goals.
- The design and layout of the building had a positive impact on the quality of life for people experiencing care.
- People would benefit from an automatic washer to clean commodes at a high temperature.
- The setting was warm, comfortable and welcoming.

## From this inspection we evaluated this service as:

In evaluating quality, we use a six point scale where 1 is unsatisfactory and 6 is excellent

How well do we support people's wellbeing?	5 - Very Good
How good is our setting?	5 - Very Good

Further details on the particular areas inspected are provided at the end of this report.

## How well do we support people's wellbeing?

5 - Very Good

We found significant strengths in aspects of the care provided which supported positive outcomes for people, therefore we evaluated this key question as very good.

People experienced high quality care and support. Staff supported people with personal hygiene and grooming according to their needs and preferences. People had as much control as possible over their medication. When people wished to take medicines independently, staff supported them to do so safely. Regular health screening took place and staff acted on any significant findings, including referring people to visiting health professionals when needed. Staff knew people well and supported and cared for them sensitively, anticipated issues and were aware of and planned for any known vulnerability or frailty. As a result people experiencing care could be confident staff would promote their health and wellbeing.

The service delivered a person-centred approach to managing and preventing falls and fractures. People benefitted from having allied health professionals and a rehabilitation gym on the premises, which enabled them to work more quickly on their health goals. Staff were very good at supporting people to work towards their chosen goals; one person said, "The staff encourage you and before you know it you have done what they want you to do and you are a bit better than before." Staff recognised the importance of quickly building positive relationships with people and encouraged people in a friendly and supportive way to move regularly. This enhanced people's confidence and encouraged them to be as active as they could be.

People were fully involved about making decisions about their care and support. Staff invited people to attend regular reviews of their care and support. Staff offered choice and checked in with people as they went about their daily routine. Where people did not consent to elements of their care, staff were proactive, confident and skilled in assessing risks and sharing information to protect people from harm. Staff encouraged people receiving reablement care to record their goals and reviewed these regularly. We noted one person's goal had not been recorded; we spoke with the leadership team, who acted promptly to put this in place. One person said, "Last week I wouldn't have said I was making progress but this week I know I am." Being involved in decisions about their care and support and having a focus on chosen goals encouraged people to work towards getting home.

People had regular access to drinks, meals and snacks. There was a four week rolling menu which changed, depending on the season. Holidays were celebrated with an appropriate menu for that day. Alternatives were available if people did not like what was on the menu. Everyone had easy access to fluids. People experiencing care enthusiastically told us how much they enjoyed the meals. Those with dietary restrictions were catered for appropriately, one person said, "The cook knows what I can and can't eat", and added there was "a nice variety" of food on offer. The dining experience was relaxed and comfortable. Staff offered choice and checked in with people regularly to ensure they had everything they needed. As a result people benefitted from a tasty, varied and well-balanced diet.

## How good is our setting?

5 - Very Good

We found significant strengths in aspects of the care provided which supported positive outcomes for people, therefore we evaluated this key question as very good.

The design and layout of the building had a positive impact on the quality of life for people experiencing care. The service had recently introduced a well decorated 'snug' where people could sit with their visitors

and enjoy drinks and snacks together. Each unit had a lounge diner with a kitchen which supported small group living. There was also a separate, communal lounge and seating areas in hallways which meant people could choose to use private or communal spaces as they desired.

There was very good directional signage within the reception area and other areas of the home. The service had worked with a visiting professional who completed an assessment of the environment with a focus on dementia care and support, who had made some recommendations, one of which was to improve way-finding signage to people's ensuite toilets. The leadership team were aware of this and we will review progress at the next inspection.

The setting was warm, comfortable and welcoming. There was a supply of natural light in most areas and people had access to a well-maintained garden. All areas were clean and smelled fresh. Cleaning records were completed well. Staff did not appear rushed and encouraged people to take the time they needed during support. One person said, "I love it here. The staff are brilliant, so caring; they tell me to take my time." and a relative said, "Staff take their time with my relative; it takes a bit of time to help with my relative's personal care but they manage this well." The service had a homely environment and maintained a balance between being homely and supporting people's clinical needs, for example, staff moved furniture in people's bedrooms who were being supported with reablement care, to replicate their bedrooms at home. This meant people were well practiced in navigating a familiar layout when they were discharged home.

The sluice area of the home needed to be updated. There was no automatic washer and staff were hand washing commodes, which was a potential infection prevention and control issue. We spoke with senior leadership who agreed to discuss this at a senior level. We will review this at the next inspection.

There were clear planned arrangements for regular monitoring and maintenance of the premises and the equipment. Safety certificates were in place. Staff reported any repairs promptly and work that could not be completed internally was attended to by external contractors. The provider had recently employed two new maintenance workers to attend to all services in the area, which meant repairs would be attended to more quickly. There were a small amount of repairs required in the home; we spoke with the leadership team who said these would be repaired soon. As a result people could be confident they were safe and secure and were benefitting from a well-maintained setting.

## Complaints

There have been no complaints upheld since the last inspection. Details of any older upheld complaints are published at [www.careinspectorate.com](http://www.careinspectorate.com).

## Detailed evaluations

How well do we support people's wellbeing?	5 - Very Good
1.3 People's health and wellbeing benefits from their care and support	5 - Very Good

How good is our setting?	5 - Very Good
4.1 People experience high quality facilities	5 - Very Good

## To find out more

This inspection report is published by the Care Inspectorate. You can download this report and others from our website.

Care services in Scotland cannot operate unless they are registered with the Care Inspectorate. We inspect, award grades and help services to improve. We also investigate complaints about care services and can take action when things aren't good enough.

Please get in touch with us if you would like more information or have any concerns about a care service.

You can also read more about our work online at [www.careinspectorate.com](http://www.careinspectorate.com)

### Contact us

Care Inspectorate  
Compass House  
11 Riverside Drive  
Dundee  
DD1 4NY

[enquiries@careinspectorate.com](mailto:enquiries@careinspectorate.com)

0345 600 9527

Find us on Facebook

Twitter: @careinspect

### Other languages and formats

This report is available in other languages and formats on request.

Tha am foillseachadh seo ri fhaighinn ann an cruthannan is càinain eile ma nithear iarrtas.

অনুরোধসাপেক্ষে এই প্রকাশনাটি অন্য ফরম্যাট এবং অন্যান্য ভাষায় পাওয়া যায়।

یہ اشاعت درخواست کرنے پر دیگر شکلؤں اور دیگر زبانوں میں فراہم کی جا سکتی ہے۔

ਬਿਨਤੀ 'ਤੇ ਇਹ ਪ੍ਰਕਾਸ਼ਨ ਹੋਰ ਰੂਪਾਂ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਉਪਲਬਧ ਹੈ।

**هذه الوثيقة متوفرة بلغات ونماذج أخرى عند الطلب**

本出版品有其他格式和其他語言備索。

Na życzenie niniejsza publikacja dostępna jest także w innych formatach oraz językach.