

Villa Atina Care Home Service

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Kinghorn
Burntisland
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Telephone: 01592 890 403

Type of inspection:
Unannounced

Completed on:
21 January 2026

Service provided by:
Villa Atina Limited

Service provider number:
SP2003001551

Service no:
CS2003006871

About the service

Villa Atina is a care home for older people situated in Kinghorn, near Kirkcaldy. The service provider is Villa Atina Limited and is one of two care homes in the group.

The care home does not provide direct nursing care as this is available from the local health services. There is close support between the home and NHS community health professionals.

The building is set in a residential area of the town and there are views over the river Forth from the gardens and from some areas of the building. The care home supports up to 24 older people in single room accommodation with en-suite shower and toilet facilities. 21 people were resident in the home during the inspection.

About the inspection

This was an unannounced inspection which took place on 20 & 21 January 2026 and between 10:30 - 18:00. 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 nine people using the service and eight of their family. Ten people returned completed care standards questionnaires.
- spoke with 14 staff and management
- observed practice and daily life
- reviewed documents
- spoke with two visiting professionals

Key messages

- People enjoyed very good care and support.
- Staff were knowledgeable, caring and respectful.
- Management had very good oversight of all aspects of the service.
- People benefitted from a well maintained, homely environment.

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?	4 - 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 evaluated this key question as very good, as the significant strengths outweighed any areas for improvement. This meant we could be confident people received care and support that could consistently support their physical and emotional wellbeing.

During our inspection there were 21 people living in Villa Atina. The care and support they experienced reflected a holistic model of care based on ensuring comfort and respect. The focus for the service was clearly on ensuring people were well looked after and maintained their family connections as much as possible. As a result we found people were recognised as being unique individuals and people could be confident they would experience responsive care and support. Relatives described a high standard of care and the reassurance they felt as a result. Comments included, "My relative receives the care and support they need. Their support needs have increased since going into the home and adjustments have been made to meet these"

The care home was welcoming and homely. Staff clearly knew people well and we observed consistent kind and humorous interactions between staff and people living there. We were confident that people were being treated with dignity and respect. People described consistent staffing as the reason they experienced high standards in every aspect of their care and support. Staff were held in high regard by residents and visitors. Comments included "staff were patient, dependable and caring". Others said similar and that they were "very well looked after by all of the staff".

Care records sampled were detailed and person centred, reflecting people's needs and how they liked their care and support delivered. There were various risk assessments in place to monitor key aspects of someone's care such as, weight or food and fluid intake. Family confirmed their involvement in decisions and reported very good communication. As a result, records could support staff deliver care that met people's needs and wishes.

We saw evidence of timely referrals being made to other agencies in relation to people's health needs. This inspection also benefitted from feedback from visiting professionals who highlighted good working relations and high standards in communication and care. This meant they could be involved at the right time, offer the necessary healthcare and manage changes in people's health and wellbeing.

There were detailed records on people's dietary requirements and preferences. We were confident that people's nutritional needs were being met. We observed the dining experience and we saw people enjoyed the social aspect as well as their meal. People were offered choice at every opportunity and staff support was provided, as necessary. The chef had good knowledge of any special diets as well as people's likes and dislikes. The importance of mealtimes was clear and staff routinely checked to make sure people had enjoyed their meals. Drinks and snacks were readily available and we found very good monitoring to ensure health and wellbeing could continue to benefit.

We observed safe administration of medication and felt confident that people were receiving the right medication at the right time. We found good record keeping and that people experienced very good symptom control. Care records included protocols for as required medication which provided guidance for staff and supported responsive treatment. Management had very good oversight of all aspects of medication management. As a result, we could be confident people received their medication as intended and any risks could be quickly identified.

There was very good evidence of people being assisted to remain in touch with families, friends and their local community. People described how comfortable they felt visiting. Wellbeing was an obvious goal for every aspect of care and support. Meaningful activity was integral to the care and support delivered with additional group activity and entertainment seen to be fun and enjoyed. Comments included, "The staff celebrate with the residents almost everything there is to celebrate" and "Staff seem happy in their work and seem to care about the residents, having good relationships with them. They are always on hand to tend to resident's needs".

The home was clean, fresh and homely. There were high standards of cleaning and infection and prevention control in place. Staff received training and guidance updates regularly, with management conducting regular spot checks relating to practice. As a result, we could be confident that the risk of infection was being reduced.

How good is our setting?

4 - Good

We evaluated this key question as 'good', where there are a number of important strengths which, when taken together, outweigh areas for improvement.

People expressed satisfaction with the facilities and described the service as warm and homely. Families reported feeling welcomed and comfortable during their visits.

People had personalised their bedrooms, with evidence of people enjoying spending time in them. We found evidence of ongoing redecoration and the provider's focus on maintaining high standards. Housekeeping staff worked hard to ensure all areas were clean.

People had access to outdoor space and enjoyed the seaside views and spending time in the gardens during the better weather.

The overall environment was of a good standard of upkeep which helped to ensure people were safe and enjoyed a pleasant home environment.

We found day to day maintenance and local safety checks were carried out. In relation to the environment and upkeep of care equipment, we found proper arrangements for safety checks, servicing and maintenance.

There was a clear system to report daily issues and records verified remedial action was requested and/or carried out, promptly. The home was clean, fresh and tidy, with no evidence of intrusive noise or smells. There was good housekeeping and infection prevention control measures, all of which meant people could be kept safe.

The provider had carried out a formal assessment of the environment in terms of supporting people living with cognitive impairment. This would be a useful contribution to their existing service improvement plan and was discussed at feedback.

What the service has done to meet any areas for improvement we made at or since the last inspection

Areas for improvement

Previous area for improvement 1

In order that people experience good outcomes and quality of life, the service should ensure people are supported to spend their time in ways that are meaningful to them. Planning for meaningful days should be informed by people's interests and wishes and be evaluated to ensure they are meeting people's outcomes.

This is to ensure that care and support is consistent with the Health and Social Care Standards (HSCS) which state that:

'I can choose to have an active life and participate in a range of recreational, social, creative, physical and learning activities every day, both indoors and outdoors.'

(HSCS 1.25) and;

'I can maintain and develop my interests, activities and what matters to me in the way that I like.' (HSCS 2.22)

This area for improvement was made on 23 November 2023.

Action taken since then

We found people were supported to spend their time in ways that were meaningful to them. Care records contained good detail regarding people's interests and wishes and what was important to them. There was clear evidence that people had maintained meaningful connection and staff supported people to spend time doing things they liked. The provider should continue to evaluate outcomes experienced and include this when reviewing their service improvement plan.

This area for improvement was met.

Previous area for improvement 2

The provider aims to ensure all necessary systems are in place to prevent and control infection. We found a lot of safe systems and practice were in place, but the provider should:

- Review staff understanding around the disposal of clinical waste.
- Improve facilities within the laundry and domestic supplies cupboard.

This is to ensure that care and support is consistent with the Health and Social Care Standards (HSCS) which state that:

"I experience high quality care and support based on relevant evidence, guidance and best practice". (HSCS 4.11)

This area for improvement was made on 23 November 2023.

Action taken since then

We recognise the age and design of the home requires constant attention in order to maintain the environment and ensure Villa Atina remains a pleasant place to live. We found all necessary systems were in place to prevent and control infection including the disposal of clinical waste and facilities within the laundry and domestic supplies cupboard.

This area for improvement was met.

Previous area for improvement 3

The provider should continue to consider how to improve the service including choice and opportunity for independent access to outside space as part of meaningful activity.

This is to ensure that care and support is consistent with the Health and Social Care Standards (HSCS) which state that:

"I can use an appropriate mix of private and communal areas, including accessible outside space, because the premises have been designed or adapted for high quality care and support". (HSCS 5.1)

This area for improvement was made on 23 November 2023.

Action taken since then

We found the provider had a comprehensive environment improvement plan which included how to improve access to outside space as part of meaningful activity. Although we visited in Winter, we found evidence of how much people had enjoyed getting out and that positive risk management promoted independence as far as was possible. The majority of residents would require supervision and/or assistance as a result of their dependency on staff and family. People told us how much they enjoyed the home's location and opportunity to spend time outside.

This area for improvement was met.

Previous area for improvement 4

To promote responsive care and ensure that people have the right care at the right time, the service should ensure that people's care plans offer clear guidance to staff and detail specific actions needed to meet people's needs. This should include, but not be limited to, end of life care, pain management and stress and distress.

This is to ensure that care and support is consistent with the Health and Social Care Standards (HSCS) which state that:

'My personal plan (sometimes referred to as a care plan) is right for me because it sets out how my needs will be met, as well as my wishes and choices' (HSCS 1.15).

This area for improvement was made on 23 November 2023.

Action taken since then

We found good record keeping. People's care plans offered clear guidance to staff and detailed specific actions needed to meet people's needs. This included, pain management and stress and distress. Reports from visiting healthcare professionals provided assurance regarding the quality of care and support.

This area for improvement was met.

Complaints

There have been no complaints upheld since the last inspection. Details of any older upheld complaints are published at 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?	4 - Good
4.1 People experience high quality facilities	4 - Good

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