



# Balhouses Antiquary Care Home Passionate about care



**Balhouses Care Group**  
sharing your care

[www.balhousescare.co.uk](http://www.balhousescare.co.uk)

# Come in!

## Make yourself at home

It's my pleasure to introduce myself, Keri Garland, and also to introduce you to the beautiful care home here in Arbroath, where I am the Manager.



**Thank you for your interest in our purpose-built home. It provides a modern, light and airy environment,**

**where our focus is on resident safety, respect and comfort.**

Renowned as one of the finest Care homes in Arbroath, we offer single occupancy accommodation in 58 rooms and two self-contained flats. Each room is elegantly furnished with a large, stylish and private en-suite bathroom.

This includes two dementia-friendly units offering 20 specially equipped and furnished rooms.

To view our home, or to find out more about the care we provide, please call 01241 434969 or email me: [keri.garland@balhousiecare.co.uk](mailto:keri.garland@balhousiecare.co.uk)

Rooms throughout can be decorated with personal furniture and mementos, making your new home unique and comfortable for you. There is also a telephone point in every room and many rooms enjoy outlooks over our landscaped gardens.

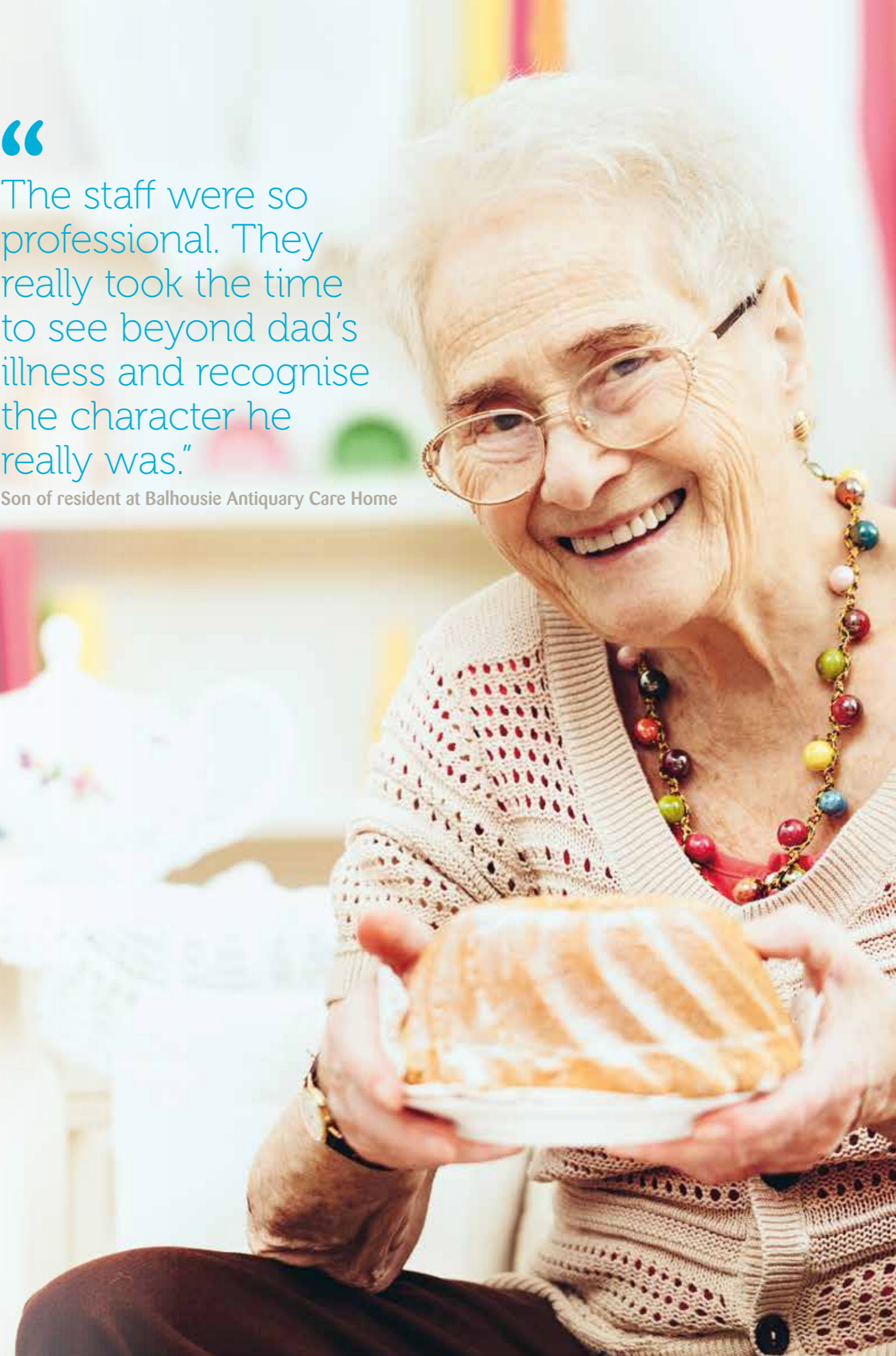
The greatest achievement, for me, is creating a warm, homely, secure and stimulating environment for our residents. With an elegant feel and friendly atmosphere, Antiquary is an enjoyable place to both live and work.

I would welcome the opportunity to let you see our home for yourself, and meet our nursing team, in a personal tour.

“

The staff were so professional. They really took the time to see beyond dad's illness and recognise the character he really was.”

Son of resident at Balhousie Antiquary Care Home



“

It's a pleasure coming into the home and being welcomed by friendly people.”

Carer at Balhousie Antiquary Care Home

### Home from home

**We know that it can be a big decision to leave somewhere that has been your home for many years, but the team here are passionate about making this your home from home.**

We aim to provide the flexibility and comfort you've enjoyed previously, with the knowledge that, if and when you need support, you're surrounded by professional and caring people.

My team provide a caring environment that respects your needs, while balancing this with opportunities to enjoy stimulating company and a wide range of activities.

### Listening

**Our open door policy promotes two-way communication. We are committed to listening to, and meeting the needs of, our residents.**

We consult with them on menu choices, activities programmes and general home and service improvements.

Our dedicated chef prepares seasonal menus that cater for specific dietary requirements, delivering healthy, appealing and nutritious meals that reflect nutritional needs.

Meals are generally served in one of our two dining lounges, both of which have a pleasant view over the garden. Residents can opt to take their meals in their own room, however we do encourage the regular use of the dining room as we find the social interaction at meal times is an important element in the well-being of our residents.

### Passionate about care and well-being

**The prime focus for the entire team is creating a caring environment based on respect and dignity, and providing a holistic approach to the care of our residents.**

We understand that each individual is unique, with different likes; dislikes; needs and wants. We therefore tailor our approach and service based entirely on each individual. Before moving in, we'll conduct an individual assessment of your needs and this is continually reviewed and re-assessed.

As well as any clinical needs, our review will also include learning about your existing hobbies and interests, and discussing new activities you may like to try.

### Person centred care

**The most important aspect of care is our people and I know that every member of my team here is determined to deliver the best possible care, which promotes your independence whatever your needs.**

Here at Balhousie Antiquary, we offer a full range of caring support: residential, nursing; respite care, Alzheimer's & dementia care and adults with disabilities.

Our residents are able to enjoy this stylish care home and its warm, convivial atmosphere, while being looked after by a genuinely enthusiastic and caring team. My team is fully trained to meet the requirements of our residents, with qualified and experienced nurses on site 24 hours a day. Our approach is to improve the quality of life for the resident and to reduce the natural worry, anxiety and concern of family and friends.

**If you would like to discuss special care needs please contact me at [keri.garland@balhousiecare.co.uk](mailto:keri.garland@balhousiecare.co.uk)**





## The community

**Balhousie Antiquary is situated just off Westway, close to the centre of Arbroath.**

With excellent access throughout the building, including full lift access to all floors, wide corridors and doorways make it easy for those in wheelchairs to move about. Our approach embraces an overall feeling of wellness for our residents; right at the heart of the local community.

There are four bright, comfortable communal sitting rooms and two 'quiet rooms', each providing space to meet up with old and new friends alike. Coffee, tea and hot chocolate are available throughout the day, as is a range of tasty squashes and refreshing fruit drinks.

The location of our home also encourages strong interaction with the community. We invite locals into our home for dinner and take residents to the local coffee shops to enjoy an outing.

## Keeping in touch

**Living in Balhousie Antiquary offers a safe and supported continuation of the lifestyle you have been used to enjoying, and we welcome and encourage visitors.**

Family are invited to join in activities and are welcome to dine with us.

Our internet corner is very popular, and is ideal for those whose family live further afield. The team is always happy to help you. We have residents whose family Skype regularly from overseas, and your friends and family can post videos and photographs at any time, which we'll always ensure you see. We'll also help you keep in contact by email, and provide regular updates via our quarterly newsletter.

## Activities

**We know events help improve overall physical strength and mental well-being, and seeing residents blossom, as our approach brings out the best in them, is an absolute joy.**

Regular organised activities vary and includes: seated exercise, entertainment with regular shows, quizzes and concerts; hobbies, such as arts and crafts, flower arranging, painting and card making; and games.

Events are always optional, but our activity champions help deliver a full calendar of structured and meaningful activities. Family and friends can also participate.

A photograph of a field of pink flowers, possibly geraniums, in the foreground. The background consists of a clear blue sky with some light, wispy clouds and a line of green trees. The overall scene is bright and natural.

## Arbroath

15 miles east of Dundee, Arbroath has a history that stretches back before the signing of the famous Declaration by Scottish nobles in 1320.

The attractive old harbour remains in action today, sustained in part by the town's most famous product – the Arbroath Smokie (a smoked haddock), a delicacy that is now protected by the EU's Protected Food Name Scheme.

### **Balhousesie Antiquary Care Home**

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