

# Alastrean House

Our beautiful new care home provides  
luxurious living, exceptional service  
and quality of care for those requiring  
supported living, residential or nursing care.



**Balhousie Care Group**  
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# We care; so we get the hospitality right

Our beautiful new care home here at Alastrean House provides luxurious living, exceptional service and quality of care for those requiring supported living, residential or nursing care.

We offer the perfect transition to care and support. Situated within a tranquil setting of Aboyne, with landscaped gardens and spectacular views, this home provides residents with an exceptional environment and a comfortable lifestyle.

Our home has been completely refurbished to the highest standard, to provide the best quality of comfort and care. Alastrean House offers tasteful private en-suite bedrooms, a resident library, bar, hairdresser, spacious lounges for relaxing and socialising, and an elegant dining-room.

Here, the highest standard of accommodation and facilities perfectly complement our approach to providing excellence in care with a personalised approach.

If you, or someone you know requires care and support, I would welcome the opportunity to let you see our home for yourself, in a personal tour.

To find out more about the care we provide, please call 01339 881235 or email me.  
[fiona.duncan@balhousiecare.co.uk](mailto:fiona.duncan@balhousiecare.co.uk)



Fiona Duncan, Home Manager





## Home from home

**We know it can be a big decision to leave your home, but the team here are passionate about making Alastrean House your home from home.**

We aim to provide the flexibility and comfort you've enjoyed previously, with the knowledge that professional and caring people are on hand whenever you need our support.

My team provide a caring environment, which respects your needs while offering stimulating company, a wide range of activities – from therapist visits to outings – and on-site services such as the hairdresser or chiropodist.

### Passionate about care

Our prime focus is to create a caring environment that is based on respect and dignity. Every resident has different likes, dislikes, needs and wants and we tailor our approach and service around your personal preferences. Before moving in, we assess your individual needs and this is kept under continual review. This assessment includes learning about your existing hobbies and interests,

and discussing new activities you may like to try when you come to stay with us, as well as any clinical and medical needs you may have.

### Activities

We know events help improve overall physical strength and mental well-being. Some of our regular organised activities include: entertainment, with regular shows, quizzes and concerts; a library service; hobbies, such as arts and crafts, flower arranging, painting and card making; games and seated exercise classes.

Events are always optional, but our activity coordinator is on hand to deliver a full calendar of structured, meaningful and personalised

activities; so there's bound to be a lot that appeals. Family and friends are welcome to participate too.

### Person centred care

Every member of my team is determined to deliver the best possible care, which promotes your independence, whatever your needs.

Our residents can enjoy this bright, elegant and spacious home, with its wonderful garden, full of colour, texture and fragrance, while being looked after by a genuinely enthusiastic and caring team. Our approach is to improve the quality of life for resident, and to reduce the natural worry, anxiety and concern of family and friends.

We offer a full range of nursing care and support including: residential; nursing; respite care; Alzheimer's & dementia care and palliative care. If you would like to discuss care needs please contact me at: [fiona.duncan@balhousiecare.co.uk](mailto:fiona.duncan@balhousiecare.co.uk)

## The community

Our Care Home occupies an idyllic position amidst beautiful countryside. During fine weather, residents can sit outside, drink tea, enjoy a snack, read a book or simply enjoy the surrounding scenery.

**With excellent access throughout the building, including full lift access to all floors, our approach embraces an overall feeling of wellness for our residents. There are several spacious and relaxing resident lounges, each available to you 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 always look for opportunity to promote intergenerational working, community engagement and maintaining lifestyle choices.

### Keeping in touch

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

Family are always welcome to join in activities and, can join you for lunch or an evening meal in our elegant dining-room. Our cook consults with residents on meal choice and prepares seasonal menus that cater for specific dietary requirements, delivering healthy, appealing and nutritious meals.

If your family and friends live further afield, we will make every effort to support residents with the use of technology to help loved ones stay

in touch: skype, facetime, telephone, email. We'll also provide regular updates via our quarterly newsletter and other forms of communication.

### Listening

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.

Your family may also be interested in joining our feedback group, where your experience can help us continually improve the enjoyment for all residents.





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With landscaped gardens and spectacular views, Alastrean House is the perfect setting for luxury living and a high quality of life.

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**Balhouses Alastrean House**

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