



## Auchterarder

The town has a fascinating heritage – it was designated a 'Royal Burgh' in 1200AD – and today offers the perfect blend of rural peace and easy access to local amenities.

Nicknamed the Lang Toon, due to its mile-and-a-half long main street, Auchterarder is a hive of activity. The High Street is well-equipped with designer boutiques, coffee shops, restaurants and all the stores required for day to day living.

**Ruthven Towers Care Home**  
Sharing your care

**Balhouses Ruthven Towers Care Home**  
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 Balhouses Care Group  @BalhousesCare



**Balhouses Care Group**  
sharing your care

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

“Almost immediately, Mum’s health and sense of well being started to improve, due to the constant tender care she received.”

Daughter of resident at Balhousie Ruthven Towers Care Home

# Come in!

## Make yourself at home

It’s my pleasure to introduce myself, **Jozi Stables**, and also to introduce you to the beautiful care home here in Auchterarder, where I am the General Manager.



**Thank you for your interest in Ruthven Towers. Once an elegant country house hotel, the recently**

**renovated property provides a light and airy environment, where our focus is on resident dignity, respect and comfort.**

We offer single room accommodation in 51 furnished bedrooms, most of which have a private en-suite bathroom and enjoy views over the picturesque gardens and surrounding countryside.

Rooms can be decorated with your personal furniture and mementos, making your new home unique

and comfortable for you. There is also a telephone point, flat screen television and 24 hour call-alert system in each room.

It is a warm, spacious, secure and stimulating environment for our residents to enjoy, with the feel of a country house hotel rather than a traditional care home.

I would welcome the opportunity to let you see our truly exceptional, welcoming and homely facility.

**To arrange a personal tour, or to find out more about the care we provide, please call 01764 664192 or email [jozi.stables@balhousiecare.co.uk](mailto:jozi.stables@balhousiecare.co.uk)**



“ Our open door policy promotes two-way communication, and a range of activities and initiatives promote community interaction.”

Carer at Balhousie Ruthven Towers Care Home



## Home from home

**We know how big a decision it is to leave somewhere that has been your home for many years, but the team here are passionate about making Ruthven Towers 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 providing opportunities to enjoy stimulating company and a wide range of activities.

## Passionate about care

**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 personal 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 care needs, our review will also include learning about your existing hobbies and interests, and discussing new activities you may like to try.

## 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 include seated exercises, 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; so there's bound to be a lot that appeals.

## Promoting independence

Here at Ruthven Towers, we provide residential, nursing, and respite care. Our home is beautiful, but I know my team are my most important asset. Everyone here is determined to provide you with the best possible care, and to promote your independence whatever your needs. Our approach is always to enhance your quality of life.

**If you would like to discuss your care needs please contact me:**  
[jozi.stables@balhousiecare.co.uk](mailto:jozi.stables@balhousiecare.co.uk)



## The community

Balhousie Ruthven Towers Care Home sits just off 'Lang Toon', in its own tranquil, leafy private grounds and set amidst the calm and serenity of the beautiful Perthshire countryside.

With excellent access throughout the building, including full lift access to all floors, our approach promotes an overall sense of wellness for our residents; right at the heart of the local community.

There is a choice of spacious grand lounges and an airy sun room, each providing space to meet up with old and new friends alike.

## Keeping in touch

Living in Balhousie Ruthven Towers is 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, with notice, can join you for lunch or an evening meal. Their ideas and feedback are always welcome, helping us to continually improve the enjoyment of all residents.

If your family live further afield, our internet corner is very popular. The team is always happy to help you use this facility. 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.

## Listening

Our open door policy promotes two-way communication and 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 professional chef prepares seasonal menus that cater for specific dietary requirements, delivering healthy and appealing meals that reflect nutritional needs.

