



**Balhousie Lisdien Care Home**  
Sharing your care



**Balhousie Care Group**  
sharing your care

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

“ I enjoy being part of a team that delivers high quality care. Promoting resident independence is a big responsibility but very rewarding.”

Carer Balhousie Lisdén Care Home

# Come in!

## Make yourself at home

**Thank you for your interest in our friendly and spacious home. It provides a comfortable environment where our focus is on resident safety, respect and comfort.**

Lisdén was the first home in Balhousie's portfolio, opening in 1991, and we continue to offer single occupancy accommodation in furnished bedrooms, each with a private en-suite bathroom. We also have one double room.

In addition, we host a specially equipped and purpose-built dementia unit.

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

unique and comfortable for you. There is a telephone point in every room, and many enjoy views of our landscaped gardens.

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

We would welcome the opportunity to let you see our home for yourself, in a personal tour.

To arrange a visit, or to find out more about the care we provide, please call 01575 5744991 or email: [enquiries@balhousiecare.co.uk](mailto:enquiries@balhousiecare.co.uk)



“ I think it’s hugely important to help residents feel part of the local community and encourage regular trips outwith the home.

Manager at Balhousie Lisdén Care Home

## Home from home

Lisdén care home is a community of caring people – staff, residents and relatives alike – all working together to ensure a warm, compassionate and comforting environment. We know that it can be a big decision to leave somewhere that has been your home for many years, but the team here is passionate about making this your home from home.

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

## Passionate about care and well-being

The prime focus for the entire team is to create a caring environment based on respect and dignity, and provide a holistic approach to the care of all residents.

We understand that each person 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 assessment of your

needs, and this is reviewed on a continual basis. As well as any clinical needs, our review will 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 a result is an absolute joy.

Organised activities vary, and include regular exercises; hand and nail therapy; gardening; flower arranging; arts and crafts; and quizzes. There are also events such as live music, mobile theatre shows and reminiscence sessions, as well as a host of other field trips and inter-generational activities.

Events are always optional, but our dedicated activity coordinator involves residents in preparing each week’s plan – so there’s bound to be a lot that appeals.

Family and friends can also participate in our calendar of structured and meaningful activities, or join us on trips into the local community for a coffee in Kirriemuir.

## Person-centred care

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

Here at Balhousie Lisdén, we offer a full range of caring support: residential, nursing; convalescent care, respite care, Alzheimer’s & dementia care and palliative care.

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 that is fully trained to meet the requirements of residents with nursing needs. 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 us: [enquiries@balhousiecare.co.uk](mailto:enquiries@balhousiecare.co.uk)



## Keeping in touch

**Living in Balhousie Lisden offers a safe and supported lifestyle, and we welcome and encourage visitors.**

Family members are always welcome, and can join us for lunch, an evening meal or even activities and events. They may be interested in joining the feedback group too, where your experience can help us continually improve the enjoyment for all residents.

If your family lives further afield, our internet corner is very popular. Residents can Skype with family – and friends and family can post videos and photographs to you at any time, which we'll always ensure you see.

We'll also help you keep in contact by email, and provide regular updates to friends and family via our quarterly newsletter.

## Listening

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

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

## The community

**Balhousie Lisden offers homely, spacious and welcoming accommodation in this grade listed Victorian house.**

Residents are able to enjoy the gardens, sit in the outdoor patio area or just relax and enjoy the beautiful views from the lounge, which overlook the impressive

gardens and surrounding countryside. Many of the resident bedrooms also provide stunning views.

With a Summerhouse and conservatory, which provides access to our patio area with cafe-style chairs, tables and large parasol umbrellas, our approach embraces an overall feeling of wellness for our residents right at the heart of the local community.

There is a bright, comfortable communal sitting room, 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 and refreshing drinks.

The location of our home also encourages strong interaction with the community. It is always a good experience venturing out for day trips and visits to the local coffee shops.





## Kirriemuir

**Kirriemuir is the birthplace of J.M. Barrie, author of Peter Pan.**

His original home is now a small museum close to the town centre, which is just a few minutes' drive from our care home.

### **Balhousesie Lisdun Care Home**

63 Brechin Road, Kirriemuir DD8 4DE

tel: 01575 574499 email: [enquiries@balhousesiecare.co.uk](mailto:enquiries@balhousesiecare.co.uk)



Balhousesie Care Group



@BalhousesieCare