



St Ronan's Care Home
Passionate about care



Balhousie Care Group
sharing your care

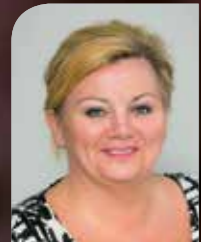
www.balhousiecare.co.uk

“ I love the social aspect in the home,
it's always fun when the bar opens.”

Resident at Balhousie St Ronan's Care Home

Come in! Make yourself at home

It's my pleasure to introduce myself, **Denise Grant**, and also to introduce you to the modern, purpose-built home at St. Ronan's, where I am the Manager.



Thank you for your interest in our warm and welcoming home, designed with space and comfort in mind. Our care team

provide an excellent level of care and support to residents promoting enablement and quality of life.

We offer single occupancy accommodation in 66 tastefully furnished bedrooms, each with a private en-suite bathroom.

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

comfortable for you. There is also a television and telephone point in every room and many enjoy views of our beautiful gardens. Full lift access and wheelchair-friendly access make it easy to move around the home.

The great achievement, for me, is creating a home that focuses on residents and provides them with a warm, homely, secure and stimulating environment. With a friendly atmosphere, St Ronan's is an enjoyable environment in which to live and work.

I 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 **01382 676014** or email me denise.grant@balhousiecare.co.uk



“ I get a lot of job satisfaction, seeing residents happy is so fulfilling.”

Staff member at Balhousie St Ronan's Care Home

Person-centred care

The most important aspect of care is the people who deliver it and I take pride in knowing that every member of my team is determined to deliver the best possible care and support, which promotes your independence whatever your needs. Here at Balhousie St Ronan's, we can cater for the individual needs and requirements of those needing residential, nursing, respite care and palliative care; and residents with particular needs associated with Alzheimer's or dementia care.

Our residents are able to enjoy a modern, warm and happy atmosphere, while being looked after by a genuinely enthusiastic and caring team. My team is fully trained to meet the requirements of residents with specific care needs and undergo regular development programmes. 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 your care needs please contact me at denise.grant@balhousiecare.co.uk



Home from home

St Ronan's care home is a community of caring people – staff, residents and relatives alike – all working together to provide 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 are passionate about making this your home from home.

We aim to provide the flexibility and comfort you've enjoyed previously, surrounded by stimulating company and a wide range of activities, but also with the knowledge that, if and when you need support, you're surrounded by professional and caring people.

Passionate about care and well-being

The prime focus for the entire team is creating an environment based on respect and dignity and providing a holistic approach to individual care needs.

We understand that everyone is unique, with different likes; dislikes; needs and wants. We therefore tailor our approach and service based entirely on each person.

Before moving in, we'll conduct an individual assessment and create a care package that meets your needs; 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.

Activities

Events and activities play a big part of life at St Ronan's. We always work with residents and staff to identify new activities that will appeal to people. We regularly hold yoga, line dancing and even belly dancing classes, but also offer activities suitable for all abilities. These 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.

We know that activities help improve overall physical strength and mental well-being which is why we have a dedicated activity champion help deliver a full calendar of meaningful activities, which family and friends can also participate in, so there's bound to be a lot that appeals.





Keeping in touch

Balhousie St Ronan's 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 visit, participate in activities and can join you for lunch or an evening meal. They may be interested in joining our feedback group, where your experience can help us continually improve the enjoyment of all residents.

Our internet corner is very popular, and is ideal if your 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.

Community and environment

Our approach of inclusion, participation and community engagement helps provide an overall feeling of wellness and purpose for our residents. Working with others of all ages, supports our intergenerational activity and offers an opportunity for people to work together and enhance our resident's lives.

Residents also have a choice of spacious lounges, enjoying panoramic views, and the Care Café, a popular meeting area for guests and residents.

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



Dundee

Dundee records more sunshine hours than any other city in Scotland, and in the warmer weather our residents enjoy sitting in the secure, enclosed and beautiful gardens, overlooking the Tay.

Balhousie St. Ronan's Care Home

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