



Monkbarns Care Home

Passionate about care



Balhousie Care Group
sharing your care

www.balhousiecare.co.uk

“ I like all the staff and find them friendly and chatty and enjoy spending time with them”

Resident at Balhousie Monk barns Care Home

Come in!

Make yourself at home

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

television in every room with many offering sea views. Full lift and wheelchair-friendly access make it easy to move around the home.

The great achievement, for us, is creating a home that focuses on residents and provides them with a warm, homely, secure and stimulating environment. With a friendly atmosphere, Monk barns is an enjoyable environment to live and work.

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

To view our home, or to find out more about the care we provide, please call **01241 871713** or email: **enquiries@balhousiecare.co.uk**





“I like it here. I’m safe and happy!”

Resident at Balhousie Monkbarns Care Home

Home from home

Monkbarns 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, but with the knowledge that, if and when you need support, you’re surrounded by professional and caring people.

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

Passionate about care and well-being

Our focus for the entire team is creating an environment based on respect and dignity and providing a holistic approach to the care of each resident.

We understand that everyone 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 a personal assessment of your needs creating a tailored care package just for you, which 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 help improve overall physical strength and mental well-being which is why we encourage regular participation and offer activities suitable for all abilities. Seeing residents flourish as a result is an absolute joy to see.

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 dedicated activity champions help deliver a full calendar of structured and meaningful activities family and friends can also participate in, so there’s bound to be a lot that appeals.

Person-centred care

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

Here at Balhousie Monkbarns, we can cater for the individual needs and requirements of those needing residential or respite 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. Our team is fully trained to support 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 us at enquiries@balhousiecare.co.uk





The Community

Our approach of inclusion and community engagement helps deliver a 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 to enhance all of our residents' lives.

Residents have a choice of two quiet rooms, which are also used regularly for special events and 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, activity 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.

Keeping in touch

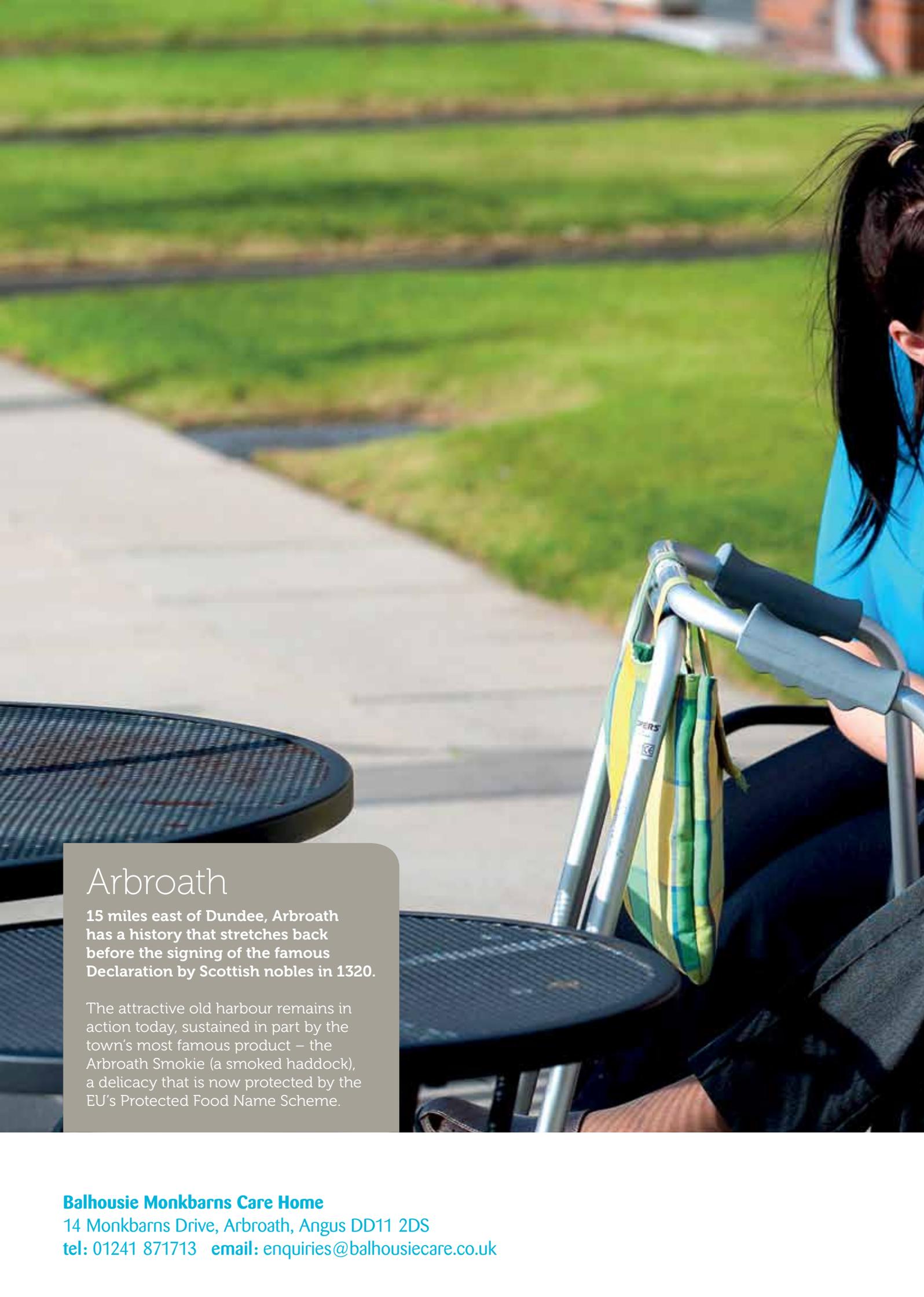
Balhousie Monk barns offers a safe and supported continuation of the lifestyle you have been used to enjoying, and we welcome and encourage visitors.

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 or friends live further afield. The team is always happy to help you. We have residents whose family video-call regularly from overseas, and your friends and family can post videos and photographs at any time, which we'll always ensure you see. We also help you keep in contact by email, and provide regular updates via our quarterly newsletter.







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.

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