Balhousie Clement Park Care Home
Passionate about care

Balhousie **Care** Group
sharing your care

Come in!
Make yourself at home

Thank you for your interest in our purpose-built home. It provides a modern, light, airy environment, where our focus is on resident safety, respect and comfort.

One of the newest care homes at Balhousie Care Group, we offer single occupancy accommodation in 49 bright, tastefully furnished bedrooms, each with a large, stylish and private en-suite bathroom.

Using natural light to maximum effect throughout the home, as well as sustainable materials specified during its construction, the building has achieved a high sustainability rating.

Rooms throughout 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 and many rooms enjoy outlooks over our landscaped gardens.

We're proud that we have created a warm, homely, secure and stimulating environment for our residents. With an elegant feel and friendly atmosphere, Clement Park is an enjoyable place to both work and live.

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

To arrange a visit, or to find out more about the care we provide, please call us on **01382 610960** or email: **enquiries@balhousiecare.co.uk**

> ## " I enjoy putting a smile on the residents' faces. I feel like I've achieved something. It's the little things that mean the most."
> **Care Assistant at Balhousie Clement Park Care Home**

Person-centred care

Here at Balhousie Clement Park our team is fully trained to meet the individual requirements of residents with varying needs.

We offer a full range of caring support: residential, nursing and respite care.

If you would like to discuss special care needs please call us on 01382 610960

Home from home

We know 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 provides 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

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 residents.

We understand that each individual is unique, with different likes, dislikes, needs and wants. We therefore tailor our approach and service based entirely on each individual. Before you move in we'll conduct an individual assessment of your needs and this is continually reviewed and re-assessed.

As well as any clinical needs – which we'll review with you, your family, your doctor and local community nurse, and with any hospital or clinic you've been attending for treatment – our review will also include learning about your existing hobbies and interests, and discussing new activities you may like to try.

Activities

We know that tailored activities and events help improve overall physical strength and mental well-being. Seeing residents blossom, as our approach brings out the best in them and for them, is a 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 dedicated activity coordinators help deliver a full calendar of structured and meaningful activities which family and friends can also participate in. So there's bound to be a lot that appeals.

The Community

Our Care Home is situated near Clement House Mansion, a local historic landmark in Dundee built by James Cox, the jute baron, and named after his wife Clementina.

Set amongst secure, enclosed and beautifully landscaped gardens, the building offers easy access throughout, including full lift access to all floors and wide corridors and doorways that make it easy for those in wheelchairs to move about. Our home embraces an overall feeling of wellness for our residents, right at the heart of the local community.

There are four bright, comfortable communal lounges and a communal activity room, each 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 squashes and refreshing fruit drinks.

The location of our home also encourages strong interaction with the community. We invite people into our home for a "pop-up" dining experience and take residents to the local coffee shops to enjoy an outing.

Keeping in touch

Living in Balhousie Clement Park 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, if we have notice, they can join you for lunch or an evening meal. They may also be interested in joining our feedback group; knowing more about your experience can help us continually improve the enjoyment for all residents.

If your family lives further afield, our internet corner is very popular. 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'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: 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, appealing and nutritious meals that reflect individual nutritional needs.

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 well kept rolling lawns at Clement Park.

Balhousie Clement Park Care Home

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