



Welcome to

NORTHLANDS CARE HOME

B L A I R G O W R I E



Woodlands Road, Blairgowrie. PH10 6LD

Tel: 01250 394 967 Email: admin@northlands.care Web: www.northlands.care



Northlands Care Home is a specialist nursing & dementia care home situated in Blairgowrie, the largest town in Perthshire.

The home is managed by Shirley Law who is a qualified nurse with many years of senior management & leadership experience.

“We aim to improve the lives of all our residents by using a person-centred approach in our care and support, and by aiming for best practice at all times. We strongly believe that we will treat everyone as unique individuals who deserve to be treated with dignity and respect”

Shirley Law

We have a highly experienced team of registered nurses and care assistants. We support and encourage all our staff to gain further qualifications and reach their true potential.

Most of our staff have been with us for several years and are truly committed to ensuring our residents are treated with the utmost care and dignity at all times.

We are registered with the Care inspectorate and inspected on a regular basis.

We are also inspected by environmental health and the fire department.

Aims & Objectives

Northlands is a private independent care home that houses up to 49 residents. The accommodation comprises two buildings. The Manor, an Arts & Crafts house that offers traditional residential care for people who may retain mental capacity but have physical disabilities such as Parkinson's Disease or stroke.

The Lodge is a modern dementia friendly building designed to enhance sensory impairment and cognitive function for those people with mental health conditions.

At **Northlands Nursing Home** we offer a highly professional but personal service in a homely environment for all our residents. We deliver our care with patience, kindness and understanding.

We very much understand the importance of personal and individually focussed care and recognise that in order to achieve this good communication between all members of the care team including the residents and their family is essential.

Individuality

We always emphasise individuality and have staff who have the time and experience to give each person the attention that they deserve.

Dignity

By using regularly updated care plans which are completed by the resident's key worker and registered nurse along with the resident and family we ensure that we understand the resident's needs and always treat them with respect.

Independence

Some of our residents have only modest care requirements whilst others require 24 hour nursing care. We always allow a resident wher-ever possible to make their own decisions and maintain as much independence as possible.

Fulfilment

We will help each resident to realise their own aims and will always help them to achieve these goals in all aspects of daily living.

Choice

Residents have the choice to choose from a range of options such as which social activities to choose, where to sit, eat and who to socialise with.

Privacy

We always respect all individuals' rights to privacy and all residents can have a key to their bedroom if they wish. Carers will always ask to enter a room and residents do not have to use communal areas of the home unless they wish to do so.



Quality of Care

At Northlands Care Home we aim to provide expert care for all types of requirements. We provide a highly professional but personal service in a homely environment and families can be safe in the knowledge that their relative is being cared for with patience, kindness and understanding.

We offer an off-site assessment service where the manager will visit an individual at home or in hospital and conduct an assessment to consider the degree of care that will be needed so that the appropriate nursing care can be delivered. This also helps with the move and it is always our aim to ensure that all residents feel at home and confident in their new surroundings.

We provide individualised care plans agreed by care staff, residents and their families. Each resident has their own key carer or named nurse, whose initial aim is to get to know as much about each resident as possible.

All residents have a personal care plan which includes information to help us achieve the very best of care and the level of support that is needed.

Care plans are reviewed each 6 months to ensure that no problems arise with care, as well as complete individual risk assessments as and when the need arises.

Along with the resident and family, the key carer will take a life history looking at background, religious and cultural beliefs as well as activities and interests that each individual enjoys.

We encourage and promote the need for residents to continue with hobbies, interests and activities that they participated in prior to moving into Northlands. All residents have their own room and these can be made as individual as possible. We always encourage people to bring in small pieces of their own furniture such as a favourite chair, pictures, ornaments etc.



Facilities

Northlands Nursing Home stands in over two acres of land and there are extensive grounds to enjoy spending time in.

The Manor

The Manor House hosts many original features such as the beautiful wood panelling in the main sitting room.

The Manor House has 22 single bedrooms all of which have their own toilet and washing facilities and most of which also have a shower.

The rooms are spread over two floors and serviced by a lift. There are four communal living rooms and two of these have a television whilst the other two are used for reading and socialising in as required.



The Lodge

The Lodge is purpose built and has 27 fully en-suite bedrooms all with call bells. All residents are encouraged to personalise their rooms as they wish.

The Lodge has four different lounge areas to use during the day. Two of the lounges have televisions where the other two are quiet rooms.

There is a dining room which opens out onto the garden allowing for barbeques in the warmer weather.



Facilities

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Gardens

Northlands is set in two acres of land. Our beautifully landscaped gardens are enjoyed by our residents.

The gardens bring a sense of calm and tranquility and have been designed for wheelchair access.

To the side of The Lodge we have a sensory/dementia garden and this is secure allowing people to go outside as they choose.



Cuisine

Meals are all prepared on site by our fully qualified catering team. We try to ensure that meals are kept as varied as possible and to suit a variety of dietary requirements.

Meals

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Meal times are:

Breakfast:	8am – 9.30am
Lunch:	12.30 midday
Dinner:	5.00pm onwards

There is also mid morning drinks, afternoon tea and early evening supper where all residents have home made baking, sandwiches, fruit and a selection of drinks.



Activities

On admission to Northlands, as part of their life history the key worker will talk to a resident and their family about their hobbies and interests and any new interests they might like to try.

Wherever we can we try to encourage people to continue with interests they had before moving in.

Activities are planned on a weekly basis such as quiz games, easy exercise, arts and crafts and games either individually or as part of a group.

There are regular outings within the local community and especially in the summer outings are planned on a regular basis. Residents are also encouraged to take part in activities that are simply part of everyday living such as baking, looking after their own room and gardening.

Regular BBQs and outdoor activities are really popular.

Gardening club takes place every week
- weather permitting.

We have parties at Christmas, Halloween, Burns suppers to name a few and families are always warmly invited to attend.



Services

Providing residents with personalised healthcare, daily support, and a range of essential services to make life comfortable & convenient.

Doctor Northlands have a weekly visit by the local GP and any residents who wish to register with this practice can arrange this through the manager. The GP will call at any time a resident needs assistance. The local pharmacist keeps supplies all required medication. Residents are welcome to keep their own doctor, dentist or optician if they wish. Alternatively we can arrange for each person to be seen by the professionals who visit on a regular basis. There will be a separate fee for those residents not covered by the NHS.	Laundry We have a team of housekeepers who look after the cleaning and laundry. There is a dedicated laundry manager on duty each day and all personal clothing is delivered back to each resident on a daily basis at no extra charge. All bedding, towels, etc. are provided and laundered by the home.	Religious Faith Northlands have a monthly service to which all residents are welcome followed by afternoon tea. Any resident wishing to keep in touch with their local place of worship will be assisted to do so.
Chiropodist & Optition Visits on a regular basis.	Dentistry The dentist visits on a regular basis.	Personal Dry Cleaning This can be arranged at an additional cost.
Physiotherapy Can be arranged as required	Hairdressing The hairdresser visits each building weekly and a beautician can also visit for those residents wanting a manicure or facial. (Extra charge)	Newspapers We have papers delivered daily for the lounge rooms but we can arrange individual papers at additional cost.



Other Words on Northlands

We are pleased to share with you some reviews from families and friends of people we have cared for.

All of the reviews on this page are taken from the Country's leading care home comparison site carehome.co.uk

"From our first contact with the Northlands Care Home manager, my sister and I were very impressed.

Very open and informative, given a tour of the EMI unit, shown my aunt's room.

Environment is immaculate and tastefully furnished and very welcoming.

Our standards and expectations were met as both were previous NHS nurses and only accept quality care.

Since her stay in Northlands, we have found the staff to be professional and very caring towards my aunt.

We are updated on her care we have no concerns that we are leaving her care to an attentive team.

The attention to detail is evident from her care to her nutrition and her clothing is immaculately laundered.

All the Northlands team are always approachable and available, admin staff often meet and greet and make the experience very personable.

A true sense of positive leadership shines through our aunt's care and gives my sister and I peace of mind."

"The care provided to my mother is beyond what I thought capable in a home with so many residents.

From the cooks and cleaner to the nurses, carers, managers and handymen. It is not just for show while visits are present, it is constant care and attention.

This is how every elderly person should be cared for. Cleanliness is also outstanding, and the grounds are beautiful."

"Care is second to none. Very caring, considerate and helpful. My husband is always clean and tidy, he eats well and I feel there is always help on hand if he has difficulty feeding himself. The atmosphere is happy, calm and caring. Most importantly, I feel confident that he is well looked after and this makes me feel much happier."

"My brother has been in Northlands for several years. During this time his care has been excellent and we are very grateful to all the staff for the support they give him.

Living at a distance, it is reassuring to know that he is being well looked after.

Northlands is situated in lovely surroundings and both the home and its grounds are extremely well maintained with the needs of its residents always a priority."

"My mother is well cared for, the staff are dedicated and hard-working.

They are always willing to go the extra mile to help.

They are very friendly and welcoming to us when we visit.

Northlands has a warm and caring atmosphere and I am confident that my mother is being well looked after.

Management of the home is excellent."

"Northlands Nursing Home has a lovely atmosphere which feels like a family home.

We were invited to personalise my mother's room on her admission there in 2017. As a family, we did this and appreciated such an invitation."

"Northlands Nursing Home is simply one of the best care homes I have seen. The staff are friendly and kind and the care they provide is excellent.

I had looked at many places for residing my brother and this was my first choice of them all. I was so happy when a place was available.

They have fun activities for the residents and they even have a sensory garden. I am so happy with the care and standard of the home."



Your Notes

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Getting in Touch

Get in touch with Northlands Care Home to discuss admissions, ask questions, or arrange a visit with our friendly team.

Telephone Us

01250 876 790

Email Us

admin@northlands.care

Our Website

www.northlands.care

Find Us

Northlands Care Home
Woodlands Road
Blairgowrie
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Care Inspectorate

Service no. CS2010249523
Provider no. SP2010010907

Service provider

Woodroyd Care Ltd.
Company no. SC371177



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