

Welcome to
Cairdean House our
beautiful new home
in Edinburgh...



Who are Care UK?

We are one of the UK's leading independent providers of health and social care services. We run everything from hospitals and treatment centres to residential homes and day-care clubs – all in the heart of your community.

Working together as a team of doctors, consultants, nurses, care assistants and community support workers, we are proud of our reputation for exceptional standards of care.

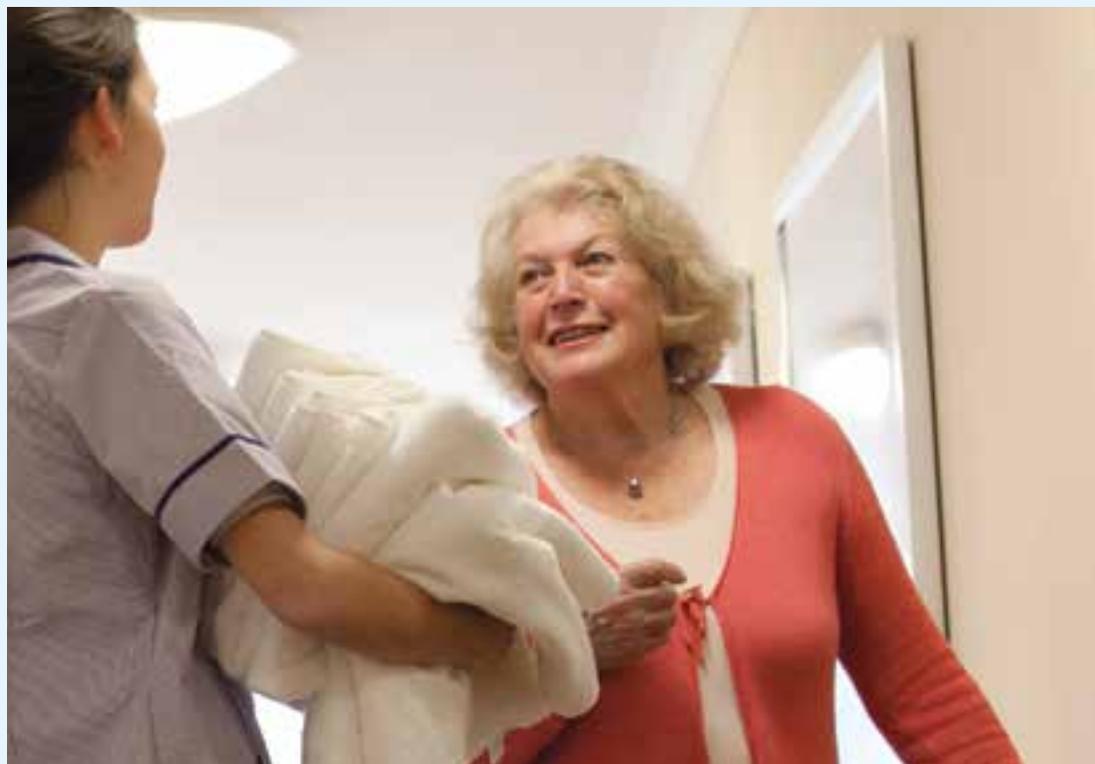
We love what we do...





Let us care for you

Everyone who works at Cairdean House has received specialist training to help them understand the particular needs of older people, especially those living with dementia.



“It’s the people who really make the difference”

Good design, that meets the particular needs of people living with dementia, is one of the reasons Cairdean House feels so friendly and welcoming. But it’s the people who really make the difference.

Not only are the team at Cairdean House very well qualified, but their warmth and compassion contribute to our excellent standards of care. Regular training ensures that carers are right up to date with good care practice and able to provide practical, everyday support whenever it is needed.



Whether requiring residential or nursing care, each resident has a designated member of the team who takes time to get to know them. Finding out about their likes and dislikes, they will listen carefully and ask the right questions in order to help design a care plan that’s tailored to each resident.

We extend this personalised care to our residents’ families and friends too. We’re able to help, for example, if you need emotional or practical support or if you want to discuss ways of continuing to play a key role in your loved one’s day-to-day care. We make it easy to keep in touch with 24/7 telephone access and encourage you to visit at any time. It’s all about creating a happy, fulfilling life for the person you love.



Enjoy freshly prepared food

Food at Cairdean House is fresh, seasonal and delicious. And family and friends are always welcome to join us for a meal.



“Mmm tasty!”

Using fresh ingredients, our chef carefully selects and prepares daily menus. Our food is tasty and nutritious and there's plenty of choice to suit every taste.

Menus can be tailored to individual likes and dislikes, so please let us know about any favourite meals, as well as any special dietary or cultural requirements.

Fresh fruit, snacks and refreshments are available 24 hours a day. And we love to have an excuse to celebrate, so if you tell us about a birthday, anniversary or other event our chef will provide something special to mark the occasion.





Cairdean House, Edinburgh

Cairdean House is around four miles from the city centre and enjoys a location that provides easy access to the city's many delights.



“The coffee shop is the perfect spot when family drop by to say hello”

Friends and family are encouraged to visit day or night and we will always offer you a warm welcome with a nice cup of tea.

You'll find lots of sociable areas to enjoy – all of them wheelchair friendly – where you can relax and spend time with friends and family, including the Palm Lounge and The Terrace coffee shop, as well as the indoor courtyard.



During the design and build of the home, we worked closely with experts in dementia environments to choose specially contrasting colour schemes that help people living with dementia to understand and feel comfortable with their surroundings. We also have a variety of thoughtful details around the home to aid memory, accessibility, comfort and security, including rummage boxes and reminiscence areas.

Cairdean House also has an activities room, a hair salon and spa, cinema and library. There is always plenty to do, even on a rainy day.



“There are lots of calm outdoor spaces to relax and chat”



Cairdean House has three floors, with both the home and garden fully accessible to wheelchair users. Outside, our secure, landscaped gardens border attractive woodland and were designed by Annie Pollock, who specialises in creating functional and homely gardens for people living with dementia.

There are courtyards and raised flower beds, as well as bird tables and wildlife areas. Whether residents want to stroll through the gardens, sit peacefully by themselves, or relax with friends during the warmer months, the outside space is there to be used, not just admired. And, of course, any green-fingered enthusiasts are welcome to help keep the gardens beautiful.

Cairdean House is easily accessible by public transport and there’s free parking on-site for visitors, who are welcome at any time.





Make yourself at home

Cairdean House has nine suites, each with its own lounge, dining area and front door to promote a small community feel.



“I really feel at home here”



Every aspect of Cairdean House is designed to support residents who have Alzheimer's or other forms of dementia. There are no wide-open spaces, and each suite has a homely feel. We understand that everyone likes familiar things around them, and residents are encouraged to bring in personal items to help create a more homely and familiar environment.

Suites are light and airy on a summer's day and cosy on a winter's night, with quality furniture and soft furnishings. Interior decoration is inspired by the rivers, woodlands and hillsides of the Scottish countryside. Each resident's room has an en-suite wet room, flat screen TV, and adjustable profile bed as well as phone and internet connection points and a 24-hour nurse call system.



Staying active and having fun

Our philosophy of Activity Based Care helps residents to stay active and independent – it's at the heart of everything we do at Cairdean House.



“I can carry on with the things I already enjoy as well as joining in with new activities and making new friends”

Moving to Cairdean House doesn't mean that residents have to stop doing the things they enjoy – far from it. We encourage everyone to pursue their hobbies and interests. Our activities team also organise a wide variety of individual and group activities, entertainment and excursions. And if you don't want to join in, that's fine, but there is plenty on offer.



Activities range from cake decorating to cinema evenings and a variety of arts and crafts. We also organise regular reminiscence sessions, sing-alongs, and visits from Pets as Therapy, baking, games and quizzes. And if there is an activity any resident would like to do which isn't already offered, please just let us know and we will try to include it.

As you'd expect, there's plenty going on in Scotland's cultural and entertainment capital. We also have regular outings to local places of interest, as well as to gardens and shopping centres.



If you would like to find out more about
Cairdean House or to arrange a visit please contact:

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careuk.com/cairdean-house