

FULFILLING LIVES AND EMPOWERING MINDS IN
AWARD-WINNING CARE HOMES



WELCOME TO OUR NEW MONTESSORI
CARE COMMUNITY & MARKET HALL

Our MONTESSORI WAY OF LIFE



Everyone needs a reason to get out of bed in the morning. To feel they have a purpose. To play a role in everyday life. This doesn't have to change because a person is living with dementia.

We want to support people to live their lives, write new chapters and find moments of joy at every opportunity. Quality of life in a care home isn't just about quality care, it's so much more. It's about knowing the person and identifying their strengths, abilities and what they enjoy.

This is why we introduced the Montessori Way Of Life in all of our Milford Care homes. Montessori is a practice to support residents to enjoy meaningful activities that reflect their unique interests and to be as independent as possible. Some of our residents like to read, some love to dance, some are keen gardeners, some like to bake – whatever their passion or interest, we aim to encourage, promote and support it!

Many of our residents have meaningful social roles within our homes, motivating them to contribute to our community and feel valued, therefore increasing self-esteem and well-being.

Josie, who used to work in retail and has been a resident at Ashbourne Lodge for many years, is invited to take part in roles that fill her day with meaning and purpose.

Josie's role as 'shop keeper', means she's in control of stocking, refilling and selling items in her corner shop.

She loves her position within the home, which enables her to contribute to her community whilst using her skills. In honour of Josie and the impact our Montessori ethos has had on her life, we've even dedicated our new shop to her by naming it 'Josie's shop'.

"I have worked in a shop for most of my life, so I know what I'm doing. It is good to keep busy and looking after the shop helps me do that."



Our NEW MARKET HALL

When a resident joins us, we take time to get to know who they are as an individual, listen to their stories and understand their passions. We can then support our residents to enjoy doing the things which are truly meaningful to them.

We help our residents to live as independently as possible, which we believe is important for their confidence and quality of life.

We are so passionate and believe in this way of caring for our residents that we decided to plan and develop an entire separate area where residents can truly thrive, find purpose and meaning to enhance their quality of life.

This is why we've built the Market Hall in addition to brand new bedrooms with lounge and dining space for residents.

This environment is prepared to enable our residents to be engaged in everyday life by having a sense of purpose and community. There's so much to see and do, we couldn't list it all but here's a sample:

- Relax and bathe in the whirlpool bath
- Shop for the essentials or treats from Josie's shop
- Enjoy a beer, glass of wine the pub whilst enjoying a game of darts or dominoes
- Plant your favourite flowers or vegetables in our potting area
- Reminisce about holidays in our Travel Agents
- Challenge your family and friends to a game of pool
- Make up flower arrangements for your bedroom in our Florist
- Look after the babies in the Montessori Nursery, complete with crib, changing table, seating area and toys from eras past

We're open for private viewings so please contact us to experience the environment for yourself.



Our BRAND NEW BEDROOMS

Feeling relaxed and comfortable in your own space is imperative to a healthy mental wellbeing. Our 19 brand new bedrooms are decorated to an extremely high standard and completed with en-suite wet rooms for ultimate privacy.

Our bedrooms have been planned and decorated by our own dementia experts. Everything down to the material on the chairs has been meticulously finessed to ensure those living with dementia get a settled and serene experience.

All rooms are fitted with a profiling bed to give residents extra support for mobility, comfort and personal care as well as a snug armchair with patterned side panels to engage the senses.

Our team have included storage space for any belongings needed. There are wardrobes and chest of drawers for any clothing, and an open unit to fill with family photos or personal effects, making it a home from home experience. It's truly yours to make your own!

All rooms are beautifully finished with en-suite wet rooms complete with toilet, washbasin, storage unit, shower and handrails for extra safety.

Each of the bedrooms are located within themed corridors, including the Hollywood Hall of Fame with famous faces. It also has a musical theme accompanied by playable musical instruments and a travel theme, encouraging reminiscence of holidays. The themes are complemented by different coloured doors for each room which helps with directions as well as wayfinding signage for extra reassurance.

For a tour of our beautiful new bedrooms, call our friendly team on 01335 301400 or email ashbourne@milfordcare.co.uk.



A SNAPSHOT OF OUR
NEW FACILITIES...



If you want your loved one to continue their independence,
give us a call today for a private tour. We'd love to meet you!

Ashbourne Lodge Care Home
80 Derby Road, Ashbourne, DE6 1BH
01335 301400
www.milfordcare.co.uk/ashbourne-lodge
ashbourne@milfordcare.co.uk
[@AshbourneLodge](https://www.instagram.com/AshbourneLodge)