



# WELCOME

## ASPEN COURT

NURSING, RESIDENTIAL DEMENTIA AND  
NURSING DEMENTIA CARE HOME



# A VERY WARM WELCOME TO ASPEN COURT CARE HOME

## WELCOME TO OUR HOME

Located in Poplar, east London, Aspen Court is a warm, friendly care home where caring with kindness is at the heart of everything we do.

From our kind care team to our professional housekeeping service, we work around the clock to make sure everyone in our home is supported to live better in each moment of every day.



## CARING ABOUT YOU AS A PERSON

By taking the time to talk to people and their families to understand their life stories, we are able to tailor the care and nursing we provide so it supports a sense of independence even for people with more complex clinical needs or conditions like Dementia.

We also use our knowledge and experience to provide practical advice and support so people living here have access to the specialist medical and healthcare services they need. We work together with families and medical professionals to create personal care plans. We do this using the latest care planning technology. This means that at anytime of day or night, we know what each person's care plan is and can use the information in it to find ways to support people's individual needs and wishes.

We also understand that people's needs change so we regularly review each person's care plan to ensure they are getting the support they need at whatever stage they are at in their care journey.

*“Excellent care home. Management is very helpful and lovely with my husband. The carer are brilliant with my husband and look after him so well, always smiling and making his life better in a difficult situation because he cannot express himself easily which he gets very frustrated with. Lovely staff. Thank you.”*

Wife of Resident  
carehome.co.uk,  
March 2024

## CARING WITH KINDNESS

Aspen Court is our residents' home and we are here to support them to continue enjoying as many of the things they love for as long as possible, even if their needs change and become more complex.

Our professional carers and qualified nursing team are available 24 hours a day so you have the peace of mind that there is always someone on hand to provide both personal and medical care.

Our skilled chefs are able to prepare tasty snacks and meals even for more complex dietary needs, while our housekeeping team look after all the laundry and keep everywhere clean and tidy.



We also have team members who know how to support people with more complex needs so they can continue to do activities they enjoy. This may be reading in a quiet corner, enjoying a favourite film or chatting over a coffee and cake with friends and family.



## WHAT'S INCLUDED

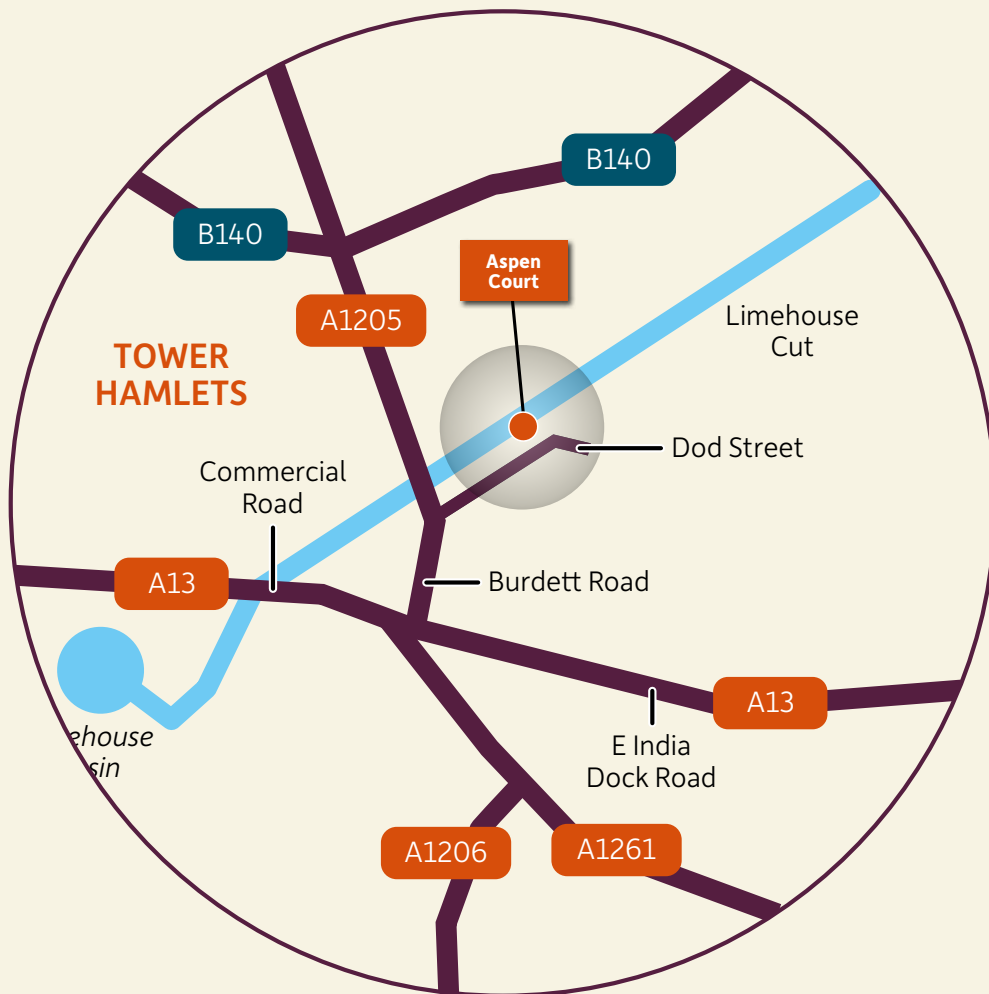
Everyone living here receives the same high quality nursing care and is supported to lead the fullest possible life...

- Exceptional standards of 24 hour nursing care
- Highly trained, caring and compassionate care team
- Care plan tailored to your health, personal and care needs
- Comfortable bedrooms with en-suite facilities
- Relaxing bathrooms with specialist assisted bath
- Complimentary Wi-Fi
- Appointments available at our onsite hairdressing salon
- Choice of tasty, nutritious, meals
- Selection of beverages and snacks throughout the day
- Dedicated leisure and wellbeing programme and regular social committee meetings
- Beautifully landscaped gardens and patio areas
- Professional carers who understand how to support people with dementia
- The choice to invite your guests to dine with you
- Full and varied programme of activities every day
- Clubs, entertainment and talks within the home
- A range of social spaces including lounge and dining areas
- An active role in the local community, including shopping trips and local events



# HOW TO FIND ASPEN COURT CARE HOME

17-21 Dod Street, Poplar, London, E14 7EG  
what3words search: **hobby.props.porch**



Call us on **020 7538 9789** or find us online  
to find out more or arrange a visit

