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Independent assisted living at Birchgrove

MANY people in later life can feel increasingly burdened by everyday tasks or by a lack of accessible support, affecting both their wellbeing and their quality of life. At Birchgrove, a rental property development for the over 65s in Sidcup, residents are offered onsite care and support on all aspects of day-to-day life whilst retaining all their independence in the comfort of their own home.

All apartments are built specifically for people in later life to allow residents to live more comfortably, with large doors and corridors for wheelchair access; waist height appliances in the fully fitted kitchens and walk-in showers. The homes are also pet-friendly, and amenities such as car parking spaces and an onsite guest suite for friends and family allow residents to retain their independence.

Elizabeth Hills, whose mother Rosemary, 90, is about to move to Birchgrove, said: "What I love is that there will also be iPads in every apartment. Mum will be able to look up what she wants for dinner on the days she doesn't feel like cooking. It's the little things like that that mean so much because they take the worry off."

Residents will receive one hour's domestic support every week to help with everyday chores such as cleaning, cooking, shopping or doing the ironing.

Elizabeth said: "Mum was starting to find the day-to-day living stuff was taking all her time. She had no time doing what she really likes doing, like pottering in the greenhouse, writing letters, watching television, knitting. Her quality of life wasn't great, and it will be a lot better."

Birchgrove has teamed up with homecare specialist Alina Homecare Ltd, which was rated Outstanding by the Care Quality Commission, to provide tailored onsite care solutions for residents who want a little extra assistance. Each apartment is linked to a 24/7 emergency call service, so those who need it can be offered immediate support.

Elizabeth said: "When I visited, I suddenly felt a complete relief that somebody would look out for Mum. At the moment she is on her own. But if I've got a worry, I will be able to share it with somebody at Birchgrove and they will do something about it."

At Birchgrove, Rosemary will also be living as part of a friendly community with regular events, hobby groups and trip outs to promote a happier lifestyle. She will have access to many onsite facilities including a restaurant and bar, club room, library, wellbeing and fitness centre, hairdressing and beauty salon as well as communal gardens.

Birchgrove's Queensgate Apartments in Sidcup offers 74 modern apartments with one, two and three-bedrooms. For more information and to arrange a viewing please visit www.birchgrove.life or contact the team on 020 3929 5599. Those interested in moving to Birchgrove are also invited to visit our show suites to get a first-hand feel of the quality of the homes.

