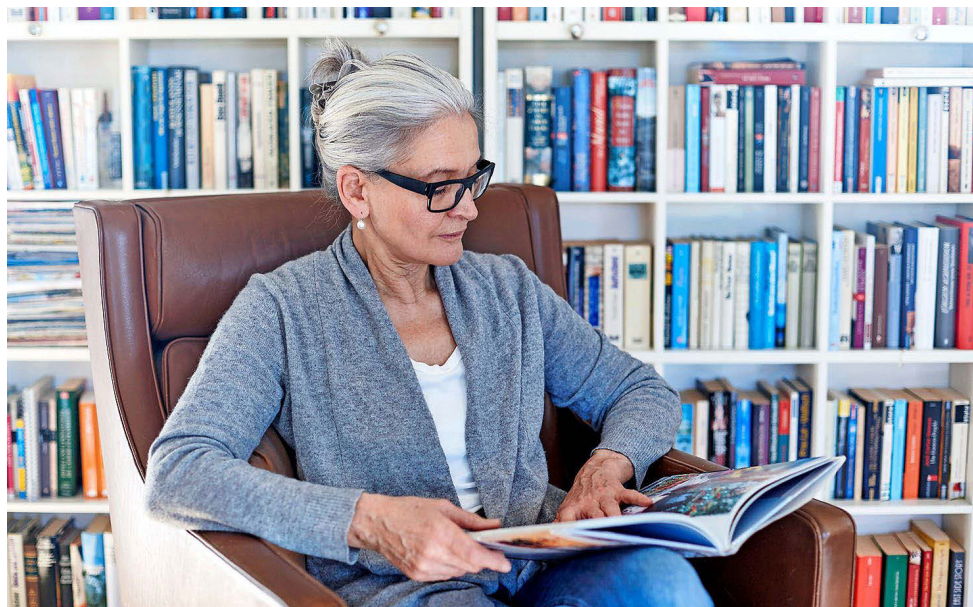


# A future proofed home



As we get older, our housing needs change. The family house can suddenly seem too big and expensive to manage, the stairs that bit trickier, and the efforts we have to go to maintain it all leave us little time or energy to do the things we want to spend time doing. Downsizing for a better quality of life makes sense but bungalows are scarce and command such premium prices you're unlikely to free up enough money to enjoy that dream retirement. Then there's stamp duty, fees, the likelihood

you'll have to spend more money on whatever you buy to make it suitable to grow old in - all this means many end - up staying put.

The specialist developer of contemporary retirement properties, Birchgrove, offers modern and spacious apartments in Kent and Surrey. Each apartment is individually designed to maximise space and light and has the Birchgrove trademark of high-quality finishes so that the apartments are distinctly elegant.

All apartments are specifically designed for people in later life, featuring waist height appliances in the fully fitted kitchens for easy access and en-suite showers. All doors and corridors are wheelchair accessible for freedom of movement.

Residents have access to exclusive onsite amenities such as a restaurant, bar, club room, a communal terrace, exercise studio, landscaped gardens and greenhouse. Regular events and activities programme also contribute to the friendly community lifestyle, and for added peace of mind there is a concierge and 24 hour staff presence.

One thing that will strike you when you visit a Birchgrove retirement community, is how friendly the team are. Because the apartments are not for sale, you'll find that the Advisors are not trying to sell you anything, rather they are there to help you consider your options and act as a guide for you whilst you make your own choices about how and where you want to live.

If you find yourself needing a little extra assistance, our tailored care support is offered through our homecare specialist partners who can personalise

a care package for your individual requirements.

In addition, all apartments are fitted with a digital telecare console to offer residents assistance at the touch of a button. Residents can use the console to contact the concierge desk, look up what they want for dinner, book appointments and connect with their family and friends: as well as a discreet 24/7 emergency call service that can call for immediate assistance if needed.

If you would like to find out more about living at a Birchgrove retirement community, contact the team who will happily talk through the options and tailor something that works to support your individual needs.

Call **020 3929 5599** or visit **[www.birchgrove.life](http://www.birchgrove.life)**

