



Caring for Life

Welcome to Praesmohr House

*Where care, companionship
and community come together.*

JDRH CARE
Caring for Life



JDRH Care

Care Built on Compassion, Community and Connection

At JDRH Care, we believe that exceptional care begins with understanding the person behind the care needs. Every individual has a unique story, a lifetime of experiences, cherished memories, personal preferences, and aspirations that continue to shape who they are. Our philosophy is simple: care should never be one-size-fits-all. Instead, it should be tailored to each individual, delivered with compassion, dignity, and genuine understanding.

JDRH Care is founded by Janet Decourt and Ross Hayworth, whose shared vision for the future of care develops through a professional collaboration and a common belief that people deserve more than a clinical service or a corporate model of care. Together, they are committed to creating homes where residents are truly known, valued, and supported to live fulfilling lives within a warm and welcoming community.

Janet and Ross share a passion for delivering care that places people at the centre of every decision. Their mission is to move away from large-scale, impersonal care environments and instead create smaller, community-focused homes where relationships come first. They believe that every resident deserves to be treated as an individual, with care that reflects their personal preferences, life experiences, and unique needs.

With extensive experience across healthcare, management, finance, and operational leadership, Janet and Ross bring complementary skills and expertise to JDRH Care. Their combined knowledge enables them to create environments that are professionally managed, financially sustainable, and deeply committed to providing outstanding care and support.

Today, JDRH Care continues to be guided by the values upon which it is built: kindness, dignity, respect, compassion, integrity, and excellence. These values influence every aspect of our organisation, from the care we provide and the people we employ to the communities we nurture within our homes.

We believe that care is about far more than meeting physical needs. It is about fostering independence, encouraging meaningful relationships, supporting emotional wellbeing, and creating opportunities for residents to continue enjoying the things that bring them happiness and purpose. It is about creating an environment where every individual feels respected, heard, and valued.

Whether providing residential care, dementia support, nursing care, or respite services, our commitment remains the same: to deliver personalised care that places the individual at the heart of everything we do.

At JDRH Care, we do not simply provide care homes. We create communities where people can thrive, build friendships, maintain their independence, and enjoy the highest possible quality of life. We strive to create environments where residents feel safe, families feel reassured, and staff feel proud to make a meaningful difference every day.

Most importantly, we create places where people feel they belong.

Because for us, care is not simply what we do, it is who we are.

Welcome to PRAESMOHR House

Nestled in the heart of the beautiful Aberdeenshire countryside, Praesmohr House offers a unique combination of exceptional care, comfortable living, and a genuine sense of community. Surrounded by peaceful landscapes and stunning natural scenery, our home provides a tranquil environment where residents can enjoy life at their own pace while receiving the support they need.

Moving into a care home is one of life's most significant transitions, both for residents and their families. At Praesmohr House, we understand the emotions that often accompany this decision. Feelings of uncertainty, concern, and apprehension are completely natural. That is why we work tirelessly to ensure that every resident feels welcomed, respected, and supported from the moment they arrive.

Our team takes time to understand each person's individual needs, preferences, and routines. We know that maintaining familiar habits and preserving personal identity are essential to wellbeing and happiness. Whether it is enjoying a favourite morning routine, maintaining cherished hobbies, or simply having familiar items nearby, we strive to make every resident feel truly at home.

Praesmohr House is designed to provide more than just accommodation and care. It is a place where friendships are formed, interests are encouraged, and residents continue to live rich and meaningful lives. Our welcoming atmosphere, dedicated team, and vibrant community help create a sense of belonging that residents and families value deeply.

Visitors often comment on the warm and friendly atmosphere they experience when they walk through our doors. Laughter can often be heard in our lounges, conversations are shared over meals, and residents are encouraged to remain active participants in the life of the home. This sense of community is at the heart of everything we do.

Every aspect of Praesmohr House has been thoughtfully developed to ensure residents feel comfortable, valued, and supported. Whether relaxing in one of our communal spaces, participating in activities, enjoying the surrounding countryside, or spending time with loved ones, residents can enjoy the reassurance of knowing that compassionate support is always available whenever needed.



At Praesmohr House, our aim is simple: to create a home where every resident can enjoy safety, comfort, companionship, dignity, and the highest possible quality of life.

Care & Support Available

Praesmohr House provides a range of personalised care services designed to support residents with varying levels of need:



Primary Care Categories

- Older Person Care
- Dementia Care
- Learning Disabilities & Autism Support
- Physical Disabilities
- Visual Impairment Support
- Hearing Impairment Support

Residential & Specialist Care

- Residential Care
- Dementia Residential Care
- Permanent Care Placements
- Respite Care Stays
- Convalescent Care
- Palliative & End of Life Care



Additional Support Areas

- | | |
|---------------------------|-------------------------------|
| • Parkinson's Disease | • COPD & Pulmonary Conditions |
| • Stroke Recovery Support | • Mild Dementia Support |

Life at PRAESMOHR

At Praesmohr House, we believe that every day should offer opportunities for enjoyment, connection, and purpose. While providing exceptional care remains at the heart of what we do, we also understand that a fulfilling life is about much more than support and assistance. It is about continuing to experience joy, maintaining meaningful relationships, pursuing interests, and creating new memories.

Our approach to wellbeing is centred around the individual. We recognise that every resident arrives with a unique life story, personal interests, treasured memories, and hobbies that have shaped who they are.



That is why we take the time to understand what matters most to each person, allowing us to create experiences and activities that are meaningful, enjoyable, and tailored to individual preferences.

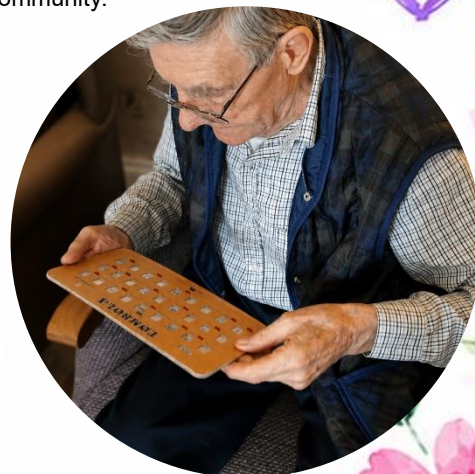
Life at Praesmohr House is vibrant, engaging, and full of opportunities to participate in a wide variety of activities. Whether residents enjoy social gatherings, creative pursuits, gentle exercise, music, gardening, games, or simply spending time in conversation with friends, there is always something to look forward to. Our dedicated activities team works closely with residents to ensure our programme remains varied, inclusive, and reflective of the interests of those who call Praesmohr House home.

Throughout the year, residents enjoy a diverse calendar of events designed to stimulate the mind, encourage social interaction, and promote physical and emotional wellbeing. Arts and crafts sessions provide opportunities for creativity and self-expression, while music activities often evoke cherished memories and encourage participation from residents of all abilities. From quizzes and games afternoons to gentle exercise classes and reminiscence sessions, every activity is designed to bring enjoyment while supporting overall wellbeing.

We also recognise the importance of maintaining strong connections with the wider community. Visitors, local groups, entertainers, schools, and volunteers regularly contribute to life within the home, helping to create a lively and welcoming atmosphere. These interactions provide valuable opportunities for residents to remain connected to the world around them and continue engaging with their local community.

Special events and celebrations play an important role in life at Praesmohr House. Birthdays, anniversaries, seasonal festivities, themed afternoons, and cultural celebrations are eagerly anticipated throughout the year.

These occasions bring residents, families, staff, and friends together to share laughter, create memories, and celebrate life's special moments. Whether enjoying a summer garden gathering, a festive Christmas celebration, or a themed dining experience, these events contribute to the strong sense of community that exists throughout the home.



We understand that wellbeing extends beyond organised activities. Often, the most meaningful moments are found in everyday interactions. A friendly chat over a cup of tea, reading the morning newspaper together, sharing stories from the past, enjoying a favourite television programme, or simply spending time in the company of others can be just as important as any planned event. Our team takes pride in creating these moments of connection and ensuring that residents always feel supported and included.



Food also plays a significant role in daily life. Mealtimes are viewed as important social occasions where residents can gather, enjoy freshly prepared meals, and spend quality time with friends. Under the guidance of our experienced culinary team, dining experiences become opportunities for conversation, companionship, and enjoyment that residents look forward to each day.

Families remain an integral part of life at Praesmohr House. We actively encourage loved ones to remain involved, attend events, participate in celebrations, and spend quality time with residents. Maintaining these relationships is essential to emotional wellbeing and helps create the warm, family atmosphere that is so important to our community.

For residents living with dementia, our approach focuses on maintaining dignity, independence, and engagement. Activities are carefully adapted to individual abilities and interests, helping residents remain connected to their memories, abilities, and sense of identity. Through meaningful interactions and personalised experiences, we aim to create moments of comfort, confidence, and joy every day.

The beautiful surroundings of Praesmohr House also contribute significantly to residents' quality of life. Situated within the peaceful Aberdeenshire countryside, residents can enjoy stunning views, fresh air, changing seasons, and a calm environment that promotes relaxation and wellbeing. The natural setting provides opportunities for reflection, conversation, and quiet enjoyment while remaining part of a vibrant and active community.



Above all, life at Praesmohr House is about creating a place where people feel valued, respected, and truly at home. It is a place where friendships flourish, laughter is shared, achievements are celebrated, and every individual is encouraged to live life in the way that is most meaningful to them.

Because at Praesmohr House, care is only the beginning. Our goal is to ensure that every resident continues to experience purpose, companionship, enjoyment, and the simple pleasures that make life worth living.





Food made with Care

Food is one of life's greatest pleasures. It nourishes the body, brings people together, sparks memories, and provides comfort throughout every stage of life. At Praesmohr House, we believe that dining should remain an enjoyable and meaningful experience, which is why food plays such an important role in daily life within our home.

Our philosophy is simple: every resident deserves meals that are nutritious, delicious, and prepared with care. We recognise that food is deeply personal. Favourite meals, family recipes, cultural traditions, and dietary preferences all contribute to an individual's identity and wellbeing. That is why we take the time to understand each resident's likes, dislikes, dietary requirements, and nutritional needs.

Under the guidance of French chef Lionel Decourt, our kitchen combines culinary expertise with genuine care and attention to detail. With more than four decades of international culinary experience, Lionel brings a wealth of knowledge, creativity, and passion to every meal served at Praesmohr House. Having worked across a variety of hospitality environments throughout his career, he understands the power of food to create memorable experiences and moments of happiness.

His philosophy extends beyond simply preparing meals. He believes that dining should be an experience that residents look forward to each day. Whether serving a traditional Scottish favourite, a classic French dish, freshly baked pastries, or a resident's cherished family recipe, every plate is prepared with the same commitment to quality and enjoyment.

Our menus are carefully designed to provide nutritional balance while maintaining variety and choice. Fresh ingredients are used wherever possible, and meals are prepared on-site by our dedicated kitchen team. Residents are encouraged to provide feedback and suggestions, helping ensure that menus remain reflective of their tastes and preferences.

Mealtimes are important social occasions within the home. Residents gather to enjoy not only delicious food but also conversation, companionship, and a sense of community. These shared experiences often become highlights of the day and contribute significantly to emotional wellbeing.

Special occasions are celebrated through themed dining experiences, seasonal menus, festive events, and personalised celebrations. Whether marking a birthday, anniversary, holiday, or simply enjoying an afternoon tea with friends and family, food continues to bring people together and create meaningful memories.

At Praesmohr House, we believe that exceptional care extends far beyond clinical support. It can be found in the small details: the smell of freshly baked bread, a favourite dessert prepared with love, or a meal shared amongst friends. These moments matter, and we are proud to make them part of everyday life.



Our wonderful team

The quality of any care home is ultimately defined not by its buildings or facilities, but by its people. At Praesmohr House, we are incredibly proud of the dedicated team who work tirelessly every day to create a warm, supportive, and enriching environment for our residents. Their compassion, professionalism, and genuine commitment to those in their care are what make Praesmohr House such a special place to live.

We understand that choosing a care home means placing your trust in others to care for someone who is deeply important to you. It is a responsibility we never take lightly. Every member of our team recognises the privilege of supporting residents and their families during this important stage of life, and we approach that responsibility with kindness, empathy, and respect.

Our team is made up of individuals from a variety of professional backgrounds, each bringing unique skills, experience, and perspectives. From our carers and nursing staff to our activities coordinators, kitchen team, housekeeping staff, maintenance personnel, and administrative colleagues, every role contributes to the wellbeing and happiness of our residents. While responsibilities may differ, everyone shares the same commitment: to provide exceptional care while treating every resident as an individual.

We firmly believe that meaningful relationships are the foundation of excellent care. For this reason, we take the time to get to know our residents personally. We learn about their life experiences, interests, achievements, routines, and preferences. We listen to their stories, celebrate their successes, and support them through challenges. By understanding the individual behind the care needs, we are able to provide support that is truly person-centred.



Many of our residents and families tell us that it is the warmth of our team that makes the greatest difference. It is the familiar smile each morning, the friendly conversation over lunch, the reassuring presence during difficult moments, and the genuine friendships that develop over time. These seemingly small interactions often have the greatest impact on quality of life and help create the strong sense of community that exists throughout Praesmohr House.



Our team is led by JDRH Care founders Janet Decourt and Ross Hayworth, whose combined expertise and vision have shaped the values that guide our organisation today. Janet's extensive clinical and care home leadership experience provides a strong foundation for delivering exceptional standards of care, while Ross's background in healthcare management, finance, and organisational leadership helps ensure our homes continue to grow, innovate, and provide the highest quality services possible.

Together, they have built a culture where compassion and professionalism work hand in hand. A culture where staff are encouraged to continuously develop their skills, where teamwork is valued, and where residents remain at the centre of every decision. This commitment to excellence is reflected not only in the care we provide but also in the relationships we build with residents and their families.

At Praesmohr House, our team is more than a workforce. We are a community of caring individuals united by a shared purpose: to help every resident live with dignity, comfort, independence, and joy. Every day, we strive to create meaningful experiences, provide reassurance, and make a positive difference in the lives of those entrusted to our care.



Accommodation

Creating a true sense of home is one of our most important priorities at Praesmohr House. We recognise that moving into a care home represents a significant life transition, and our goal is to ensure that residents feel comfortable, secure, and supported from the moment they arrive. Every aspect of our environment has been designed to promote wellbeing, independence, and quality of life while maintaining the warmth and familiarity of home.

Residents enjoy comfortable and thoughtfully designed bedrooms that provide privacy, personal space, and a place to relax and unwind. We actively encourage residents to personalise their rooms with treasured possessions, photographs, artwork, and meaningful keepsakes. These familiar items help preserve identity, provide comfort, and create an environment that feels uniquely their own.

Beyond individual rooms, Praesmohr House offers a variety of welcoming communal spaces where residents can socialise, participate in activities, entertain visitors, or simply enjoy a change of scenery. Comfortable lounges provide inviting places for conversation, relaxation, and companionship, while our dining areas encourage residents to come together and enjoy meals in a friendly and sociable atmosphere.

Natural light, comfortable furnishings, and carefully designed surroundings contribute to the warm and homely atmosphere that residents and visitors frequently comment upon. The beautiful Aberdeenshire setting provides peaceful views and a connection to nature that many residents find calming and uplifting. Watching the changing seasons, enjoying fresh air, and simply appreciating the surrounding landscape can have a profound impact on wellbeing.

Safety and accessibility are central to our design philosophy. Every area of the home has been developed to ensure residents can move confidently and comfortably while maintaining as much independence as possible. Our team continually reviews the environment to ensure it remains safe, welcoming, and responsive to residents' changing needs.



We understand that comfort extends beyond physical surroundings. Feeling emotionally secure, respected, and valued is equally important. Our team works hard to create an environment where residents feel relaxed, supported, and confident in expressing their preferences and wishes. We want every resident to feel that this is not simply a place where they receive care, but a place where they truly belong.

At Praesmohr House, accommodation is about far more than providing a room. It is about creating an environment that supports wellbeing, encourages independence, fosters friendships, and allows residents to continue living life in a way that feels meaningful and fulfilling.

General information:

Praesmohr House accommodates up to 28 residents within a comfortable and welcoming environment designed to promote wellbeing, independence, and security.

- 28 Single Bedrooms
- 14 Ensuite Wet Rooms
- Comfortable Communal Lounges
- Spacious Dining Areas
- Accessible Facilities
- Beautiful Countryside Views
- Safe and Supportive Environment

 Own Furniture if required

 Pet Friendly (or by arrangement)

 Smoking not permitted

 Close to Local shops

 Near Public Transport

 Minibus or other transport

 Lift

 Stairlift

 Wheelchair Access

 Gardens

 Television point in own room

 Residents Internet Access

Financial

Funding Types Accepted

- Self Funding (Private)
- Local Authority with Top Up
- Local Authority

If you choose a care home based in Scotland, you may be eligible for the Scottish Government's Free Personal Care funding of up to £267.10 per week if you're over the age of 65. This support is not reflected in this fee amount.

Weekly Charges per Person

- Self-Funded Residential Care: from £1650
- Self-Funded Residential Dementia Care: from £1650
- RESPITE Self-Funded Residential Care: from £1650
- RESPITE Self-Funded Residential Dementia Care: from £1650

Hairdressing and Podiatry are not included in the fee. Family with local authority funding are welcome to choose a larger room with ensuite but a top up payment would be required.



Our promise

At Praesmohr House, we recognise that every resident has unique needs, aspirations, and life experiences. This understanding forms the foundation of our approach to care. Whether an individual requires residential support, dementia care, nursing care, respite services, or assistance with more complex health needs, our focus remains the same: delivering personalised care that respects dignity, promotes independence, and enhances quality of life.

Our experienced team works closely with residents, families, healthcare professionals, and external agencies to develop tailored care plans that reflect each person's individual circumstances and preferences. Regular reviews ensure that care remains responsive and adaptable, providing reassurance that support will evolve as needs change over time. Through open communication and collaborative decision-making, we ensure that residents and families remain actively involved in shaping their care journey.

While high-quality care is essential, we believe that wellbeing is about much more than meeting physical needs. It is also about experiencing joy, maintaining relationships, participating in meaningful activities, and celebrating life's important moments. Throughout the year, Praesmohr House hosts a wide variety of events, activities, and celebrations that bring residents, families, staff, and members of the local community together.

Birthdays, anniversaries, seasonal celebrations, themed dining experiences, musical performances, arts and crafts sessions, community visits, animal therapy experiences, and family events all contribute to the vibrant atmosphere within the home. These occasions provide opportunities for laughter, reminiscence, social connection, and the creation of lasting memories. We believe that these moments are not simply enjoyable extras—they are fundamental to emotional wellbeing and quality of life.

Families are encouraged to remain an active part of life at Praesmohr House. We understand the importance of maintaining strong relationships and welcome opportunities for loved ones to participate in activities, celebrations, and everyday life within the home. By working in partnership with families, we create a supportive environment where residents can continue to enjoy meaningful connections with the people who matter most to them.

The trust placed in us by residents and their families is something we value deeply. Feedback from families consistently highlights the kindness of our staff, the welcoming atmosphere of the home, the quality of the care provided, and the genuine sense of community experienced by residents. Many families tell us that seeing their loved one happy, engaged, and well cared for brings them immense peace of mind.

These relationships and experiences define who we are as an organisation. They remind us that care is about people, not processes. It is about understanding individuals, building trust, and creating an environment where residents can continue to thrive.

As part of JDRH Care, Praesmohr House remains committed to the values upon which our organisation was founded: compassion, dignity, respect, excellence, and community. These principles guide every decision we make and every interaction we have. They shape the care we provide, the culture we create, and the future we are building.

Our promise is simple. We will always strive to see the person behind the care needs. We will listen, learn, and adapt. We will provide care that is compassionate, personalised, and delivered with dignity. We will create environments where residents feel valued, families feel reassured, and staff feel proud of the difference they make each day.

Above all, we will continue working towards our vision of creating homes where people can live not only safely and comfortably, but also happily, purposefully, and with a genuine sense of belonging.

Because at JDRH Care, care is not simply what we do, it is who we are.

Reviews

What Families Say : the greatest measure of our success is the trust placed in us by our residents and their families. Choosing a care home is a significant and often emotional decision, and we are honoured when families place their confidence in our team to care for the people who matter most to them.

We understand that families want reassurance that their loved one will be safe, happy, respected, and supported. That is why we work hard to create open communication, build trusting relationships, and provide a level of care that offers genuine peace of mind. Families are encouraged to remain involved in the lives of their loved ones and are always welcomed as an important part of our community.

Many families tell us how much they appreciate the warm atmosphere that exists throughout Praesmohr House. They often comment on the kindness of our staff, the quality of the care provided, the engaging activities available to residents, and the sense of companionship that helps residents feel at home. Knowing that their loved one is not only cared for but genuinely valued and included brings comfort and reassurance during what can be a difficult transition.

The feedback we receive reflects the dedication and commitment of our entire team. It reminds us that every smile, every act of kindness, and every moment of support contributes to making a positive difference in the lives of our residents and their families.

We are proud of the relationships we build and grateful for the trust that families place in us. Their stories, experiences, and kind words continue to inspire us to provide the highest standards of care while maintaining the warm, family-focused environment that defines Praesmohr House.

There is no greater compliment than hearing a family describe Praesmohr House as a place where their loved one feels happy, comfortable, respected, and truly at home.



My father has been a resident at Praesmohr Care Home for some time now, & I cannot speak highly enough of the care and support he has received.

From the moment he arrived, the staff have been warm, professional, compassionate, & incredibly helpful. They genuinely take the time to get to know each resident, & it is clear they truly care about the people living there.

My father regularly tells me how much he enjoys the food & how lovely all the staff are, which completely reflects my own experience every time I visit.

He has settled in very happily & often says how content & comfortable he feels there.

His room is beautiful, with a large bay window overlooking the surrounding grounds, & he says he sleeps very well & feels at peace in his environment.

The home itself is exceptionally clean, well maintained, & set in beautiful surroundings that create a calm & welcoming atmosphere.

I can honestly say that Praesmohr & its staff are exceptional.

*A fantastic family, homely place where the staff are **long-serving** and caring to residents and their families.*



Support and guidance is given to family members negotiating things like dementia for the first time, I couldn't have navigated it without their help.



*The care given is **second to none** and I would not want my mother in any other care home.*



*Praesmohr is a **very special** place.*





Thank you

At Praesmohr House, we believe that every person deserves to live with dignity, purpose, comfort, and companionship. Our commitment is to create a home where residents feel valued, families feel reassured, and every day offers opportunities for meaningful moments and lasting memories.

More than a care home, a place to belong. ❤️ 🏠

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PRAESMOHR
HOUSE
CARE HOME

Caring for Life

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