



yes
to independence

Aspen House

Rushden, Northamptonshire

Life-changing residential care
at the heart of the community

lifeways
yes to you



“Aspen House has a very strong family feel. One resident has been here for nineteen years. People do lots of activities within the house and local communities. Everyone is treated as individuals and each person can do activities they truly enjoy. The atmosphere is busy but happy and very welcoming for new people. The environment is calm and safe and the house offers lots of space for everyone.”

Manager, Aspen House

Welcome to Aspen House

Aspen House is a residential service where people with learning disabilities, autism and other complex needs are empowered to live as independently as possible, to become integral members of the community and to achieve their goals and aspirations through individual care pathways.

This ten-bedroom detached house has a kitchen, two living rooms, two dining rooms, a utility room, a conservatory, two communal bathrooms – one with a bath and one wet room style – and seven en-suites with either a shower cubicle or a wet room style shower.

Aspen House also has two accessible gardens with patios for spending time outdoors when the weather is good. Assistive technology can be tailored to suit the needs of each person, and includes call bell alarms in the bedrooms and along the hallways.

Life at Aspen House is suitable for people with learning disabilities, brain injuries, physical disabilities, mental health conditions and autism.

We are ready to welcome someone who likes a friendly and vibrant atmosphere. The people we support here are aged between 25 and 70 and live with learning and physical disabilities.

At Aspen House, people choose how to spend their time, regularly coming together to celebrate birthdays or national holidays.



Valued in your community

There is nothing more valuable than being an active part of the local community.

Aspen House is in Rushden, which has vibrant cafés, pubs, restaurants, high-street shops and banks, a library, a post office, Rushden Historical Transport Museum, and Rushden Museum. Rushden Lakes Shopping centre is close by and offers a Cineworld Cinema, as well as more restaurants and shops.

For people who like to stay active, Waendel Leisure Centre in Wellingborough provides year-round access to exercise classes, a gym and a swimming pool. People also enjoy walking in the local parks and Nene Wetlands Nature Reserve.

Nearby Northampton provides access to larger attractions including a Vue Cinema, the Grosvenor Shopping Centre, theatres, museums, art galleries, Ten Pin Northampton for bowling, Northampton Marina, and Delapre Abbey.

It's good to know...



Rushden has shops, cafés and restaurants. There's a library and a post office too.



We're spoilt for choice with supermarkets. Tesco Express, Iceland, Sainsbury's, Asda and Lidl are all in the local area.



The GP surgery and NHS dentist are less than half a mile away.



There's a bus stop within a short walk with regular routes into Kettering, Wellingborough and Northampton.



The nearby train station is just ten minutes away by car, and has services to Nottingham, Bedford and London.



There is on-site parking available for people with cars.

yes to friendships

"Since living at a Lifeways service I have become more confident and independent. I am able to make everyday decisions with the help from my team, who support me in a consistent way; this is very important to me. My self-esteem has grown with the support I receive and I couldn't be happier."

Person supported by Lifeways

Five reasons to choose Lifeways

yes to stability.

Our stability speaks for itself. Since 1995 we've grown to become the UK's largest provider of supported living for adults. So when you're comparing providers, it's good to know that our steadfast support is founded on over 25 years of proven outcomes.

yes to reassurance.

Our size brings reassurance. It allows us to invest in our people and services. And it's the reason we've been able to open 900 new apartments in 65 communities since 2015. Everyone deserves unique support in a home they'll feel proud of – and that's exactly what we provide.

yes to local.

Our hearts are in our local communities. We're proud to support people in more than 1,000 locations across the UK. But we're even more proud that every service is run by trusted local teams, each providing neighbourly support that feels close to home.

yes to relationships.

Our people make all the difference. So we make sure everyone is valued and all of our support workers achieve the Care Certificate qualification. Over a quarter of our team have been with us for over five years and some have even been with us from the very beginning, helping to create rewarding relationships, improved outcomes and excellent continuity of care.

yes to quality.

Our purpose is to improve lives. It's as simple as that. We help almost 5,000 people to live with hope and independence, with every member of our team sharing the same commitment to quality in everything we do. We hire the best in the sector into our highly skilled and dedicated Quality team, who work to ensure our CQC ratings are something we can be proud of.



yes
to ambition

So what happens next?

It all starts with an informal chat with one of our specialist assessors. Together with each individual, they will build a clear understanding of their needs and preferences, making sure that they make the choice that is right for them.

They'll then be on hand to guide individuals, families and professionals through the referral and assessment processes, and won't stop until the kettle's on, and the move is complete.

Supporting people to live the life they choose.

At Lifeways, our focus is *you*. We want to become a trusted partner on your personal journey. Learning from the challenges you've already overcome, before tailoring our support to help you achieve more.

Why Lifeways?

We believe that anyone can achieve the extraordinary. And that's why Lifeways exists. To understand every individual and support each different dream. Creating homes to feel proud of and places where lives feel fulfilled.

Make a referral or arrange a visit

Learn more about independent living at Aspen House, make a referral or arrange a visit by contacting Lifeways:

Call **0333 202 7185**

Email referrals@lifeways.co.uk

lifeways.co.uk

**care
solutions**
part of lifeways group