



Your Home from Home

Isobel Fraser Home

Our Home

The name "Isobel Fraser" has been synonymous with care for the elderly for nearly 120 years since its small beginnings in 1899. The Home is now located in a quiet area away from traffic noise and in a pleasant extensive garden setting close to the centre of Inverness.

The Home is owned by a charitable Trust, administered by a Board of Trustees which deals with finances and the overall policies of the day-to-day running of the Home. There are no shareholders to divert attention or funds away from our primary purpose. The home is run by our professional Manager and Deputy Manager, and over 40 staff.

We have 28 rooms accommodating up to 29 residents over two wings that are regularly redecorated. The Sitting Room is large and bright with television and loop system for residents with hearing difficulties. There is a spacious and comfortable Sun Room overlooking the secluded garden. All furnishings and decor throughout the home are of a very high standard. The Dining Room is light and airy and pleasantly furnished with small tables.

Our Philosophy



"Our philosophy of care is to welcome each resident as an individual into a non-institutional home (home from home), one that is safe, caring, relaxing and happy, with a homely atmosphere, and one which represents and promotes the dignity and rights of privacy of each resident. We aim to encourage and enable residents to achieve their potential capacity physically, intellectually, emotionally and socially."

David Henderson
Chairman of Trustees

Our People

The Trustees recognise that the quality of staff in your Home is an important issue for residents. At Isobel Fraser we strive to appoint dedicated staff and support them with a strong training regime and excellent conditions of service. Our staff undergo continuing professional development throughout their employment, and we encourage them to obtain appropriate Scottish Vocational Qualifications (SVQs). Staff will also be registered with the Protecting Vulnerable Groups (PVG) scheme.

Our Care

Each of our residents has a care plan which is individually tailored to their needs. This person-centred plan will be developed from information you give us supported, where appropriate, by input from your family, social workers, the NHS and your GP.

Your care plan provides our care team with the information they need for your care, your medication, your health and your dependency requirements. Care plans are regularly reviewed and continually updated to ensure that they are current and reflect any change in circumstances.

We also have a key worker system in operation. This means that you will have a member of our care team directly assigned to care for you.



Our Activities

We have a dedicated Recreation and Activities Coordinator who plans and oversees the programme, involving and incorporating ideas from members of staff and, where possible, suggestions from residents, relatives and friends. It is always a busy and fun programme. A snapshot of our activities would include:



- Crown Nursery visit
- The Daily Sparkle
- Music in the lounge
- Massage therapist visit
- Church service
- Quizzes / bingo
- Visit to Merkinch

Friendship Club

Our Facilities

- All rooms en-suite
- Mature garden
- Flat screen tv in lounge
- Hairdressing and chiropody service
- Religious services
- Activities Co-ordinator
- Key worker system
- Playlist for Life
- Film Club visits
- Weekly musical events

Our Food and Drink

At Isobel Fraser, food is taken seriously. We believe that when you eat well, you live well.

Each day our chef prepares your meal from fresh ingredients sourced as locally as possible. We aim to provide a wide variety of meals that cater for all tastes and dietary requirements. Residents have a major input into meals and our chef is happy to meet with you to discuss your needs. Of course, when, where and who you eat with is entirely up to you. Friends and family can join you as often as you'd like (at a small charge) and you can order snacks at any time of the day.

Frequently Asked Questions

Can I come and go as I please?

We want you to be as independent as you like and are capable. This is something we'll chat about when we sit down together to draw up your care plan.

When can I see my friends and family?

We want your friends and relatives to visit you, so they can come as often as they like on any day. No appointment is needed.

What will there be to do during the day?

That is completely up to you. Every day we have different activities, but you should spend your time exactly how you please.

What about medical care?

Residents from the Inverness area will continue to have medical care provided by their own General Practitioner. Residents from other areas will be assisted to change to a local medical practice of their choice, if necessary.

Can I bring personal items of furniture?

Residents are welcome to bring mementoes and small items of special furniture with them, and may have television and telephone in their room at their own expense if desired.

How often are my fees reviewed?

We review our fees annually and you will be informed of any changes as early as possible.

Contact Us

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This Care Home is registered and regulated by the Care Inspectorate

