

Candlelight Magazine

A publication of Christadelphian Aged Care

Meet our new Village residents

Harnessing the power
of the sun

Bringing a touch of colour
to our Homes

June 2018

Moving to a new community can be daunting, but for the new residents of Maranatha Village we like to think it's like coming home. We welcome all our new residents across our eight Homes and three Villages. It's fantastic to see so many of our staff continue to demonstrate the signature behaviours as part of their everyday actions. As we move forward with our culture program the benefits will improve the quality of life for our residents, and our staff. As always we give thanks to God for blessing us as we work to provide outstanding care for our residents.

Graham Cavanagh-Downs
Chairman



The Candlelight Magazine is published by Christadelphian Aged Care, a not-for-profit provider of aged care and retirement services in NSW and QLD.
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Page 14: Chamberlain Gardens staff promote "The CAC Way".

Editor: Jenny Galbraith **Photos:** Jenny Galbraith, David Henry and CAC staff
Cover photo: Maranatha Village residents Geoff and Neita Allgood

WHAT DOES NOT-FOR-PROFIT MEAN?

It can sometimes be confusing to know exactly the difference between a 'for-profit' and 'not-for-profit' provider when looking for an aged care home or retirement village for you or your loved one.

There are an abundance of both 'for-profit' and 'not-for-profit' organisations and companies that deliver aged care and retirement services across Australia.

A profit is the organisation's surplus money that is left after all the bills and expenses have been accounted for, eg. wage,

equipment, building and maintenance costs.

In a 'for-profit' organisation, this profit is distributed to the owners and/or investors and shareholders of the business.

In a 'not-for-profit' organisation, this surplus is reinvested back into the organisation to provide services and facilities that further its aims and mission. Not-for-profit organisations can still make a profit, and it is financially prudent to do so, as this surplus can be used to create a sustainable organisation that continues to fulfill its mission and values.

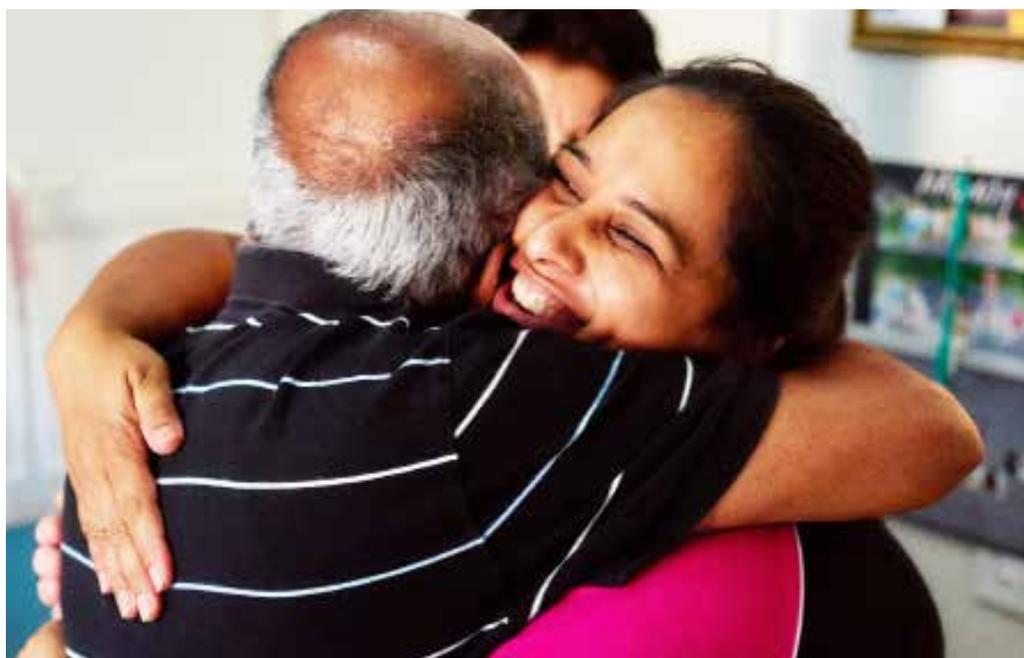
Christadelphian Aged Care has been a not-for-profit organisation and a charity for more than 70 years.

We believe that by caring for the aged and frail we are demonstrating Jesus Christ's love, mercy and compassion in a practical way.

Any surplus funds are reinvested back into caring for our residents and facilities. In this way we strive to fulfill our values by enriching the quality of life of the people in our care by nurturing them through our compassion, service and comfortable living environment.

“Let your light shine before men, that they may see your good deeds and praise your Father in heaven.” Matthew 5:16

In a 'not-for-profit' organisation, this surplus is reinvested back into the organisation to provide services and facilities that further its aims and mission.



WELCOME HOME

The first of the new residents of Maranatha Village in the northern Brisbane suburb of Kallangur are moving in, after 15 new retirement units were completed last year. The Allgoods joined the community in May, and share their story on why they decided Maranatha was the village for them.

Geoff and Neita Allgood had their eye on Maranatha Village for more than 10 years, but when they saw the new retirement units late last year they knew it was time to make the move.



The Allgoods have only lived at Maranatha Village in Kallangur for a few weeks, but have already firmly made it their home.

A bright and cheery outdoor setting sits out the front, and the back garden is full of pots and plants they brought over from their old home.

Geoff and Neita raised five children in Brisbane, and moved to Murrumba Downs about 16 years ago to downsize when their children grew up and moved out. But as they grew older and

noticed there was quite a bit of work that would need to be done on the house, they made the decision to look at alternatives.

"We weighed it up and decided we would probably rather go into a retirement village where there was not so much responsibility than try to fix up the house," Geoff said.

"We were looking around for years at different retirement villages, and we always had an eye on Maranatha because my mum and dad



lived here for about 10 years, and my sister also lives here." However, they did their research and looked at other villages nearby.

"Most of the retirement villages haven't got any room to move around in the units," Geoff said.

"We like this one because it is open and spacious, and so light and airy."

The couple have moved into one of the 15 brand new units recently built in the Village. They are two of the eight new residents who have moved in

over the last few months. The available units feature two bedrooms with built-in wardrobes, plus a study. The units are designed for open plan living, and have a spacious kitchen, outdoor patios and secure garages. The Allgoods came to the Open Day last October, and quickly realised this was the place for them.

"We also liked this one because of the outlook out the back and all the trees. It's also close to where we used to live," said Neita.

"And when we're not able to look after ourselves there is the aged care home right here."

The couple are Christadelphians, so the fact that there were so many like-minded people already living in the Village also had a bearing on the decision to move here.

"We have had our name down for a unit at Maranatha for years, but we weren't really ready," Neita said. "I think this one was just waiting for us."

MODERN NEW LOOK



It's been a busy six months across our Homes and Villages as renovations continue and upgrades to areas bring a fresh and modern feel to a number of our living environments.



Ashburn House

The quiet room at Ashburn House in Gladesville has been given a makeover to provide a peaceful area for residents and families to relax.

The room has been painted, with new moldings and wallpaper installed on the walls, along with the delivery of new furniture.

There is also new furniture in the reception area including comfortable new lounges and armchairs.

The doors in the dementia area have also been painted in individual colours chosen by residents, to brighten the area and make it easier for residents to find their rooms. Plans for stage one of the airconditioning upgrade are also being finalised,



Work on the Terrace renovations at Courtlands Aged Care is progressing well, with stage one expected to be finished this year.



along with plans for a major renovations of the Home. This will include new rooms, increasing the size of the dining areas and lounges, and a redesign of the entranceway with a new portico area and refurbishment of the central courtyard.

Courtlands

Work on the Terrace renovations are progressing well, with stage one set to be completed by the end of the year.

Flooring in the Grange and Grove will soon be updated. Renovations of the Independent Living Units are continuing, with 20 units completed over the last 12 months.

Chamberlain Gardens

Two cafe areas are currently being built at Chamberlain Gardens in Wyoming, including one in

the downstairs courtyard near the fountain, and one upstairs along the corridor overlooking Niagara Park.

Southaven

The driveway down to Riverside will soon be upgraded at Southaven to make it easier for visitors to navigate down the hill. A new staff area will also be built including a deck, and there will be renovations to the Treetops dining and activity room.

Casa Mia

The bolon flooring will continue to be replaced with new quality vinyl flooring in parts of Casa Mia.

Maranatha

Christadelphian Aged Care has purchased another property next door to the Kallangur village, and demolition of the existing buildings on the land is proposed to be undertaken this year.



THE POWER OF THE SUN



Christadelphian Aged Care's solar panel project will move the organisation towards a more sustainable future by reducing our carbon footprint and saving thousands of dollars on electricity bills.

More than 2800 solar panels have been installed across Christadelphian Aged Care Homes to counter rising electricity prices and help the organisation move towards a more sustainable future.

The project saw the maximum number of solar panels permitted installed on the roofs of seven of our Homes.

More than 1100 tonnes of carbon dioxide will be offset by the system in the first



Christadelphian Aged Care's solar panel project saw 99kW systems installed at six of our NSW Homes, the largest system permitted, and a 249kW system installed on Maranatha in Queensland. The power generated will be the equivalent of taking 350 cars off the road each year. The project cost \$1.1 million and is expected to pay for itself in around three years, along with shaving thousands off future power bills.

year of operation, which is equivalent to taking 350 cars off the road.

CEO Ross Peden said the whole system would significantly reduce the organisation's carbon footprint, and provide increased financial sustainability amid the rising cost of electricity.

"Given the 24-hour nature of aged care, our power bills are a significant operational cost every month," he said.

"As a not-for-profit

organisation we want to do the best for our residents, and switching to solar made sense given the current power prices and the improvements in the efficiency of solar panels over the last few years."

The installation cost \$1.1 million, and is expected to pay for itself in around three years.

Switching to solar power is forecast to save the organisation hundreds of thousands of dollars in power

bills every year.

The energy consumption can also be tracked live with an online dashboard to monitor exactly how much power is being generated and used on any given day.

The organisation is also looking at battery storage for power generated during the day, once the technology improves to become a more viable option, along with ways to reduce waste and increase recycling across all our Homes and Villages.

NEW STAFF

WHO'S WHO



HANDY SUMANTRI

Business Systems Manager

Handy comes from an IT consulting background and has extensive Epicor experience in various industries. His role is to manage IT applications in use across the organisation.



JESSIE BERESFORD

Ridgeview Care Manager

Jessie is an energetic manager with a high standard of care, who has previously managed an aged care facility as well as a rural hospital, and has a special interest in dementia care.



LESTER LIAO

Southhaven Care Manager

Lester is experienced in aged care and is one of two Care Managers at Southhaven. He will be taking care of residents in the Treetops area of the Padstow Heights Home.



MARIE ANGE TANNOUS

Southhaven Care Manager

Marie Ange is one of two Care Managers at Southhaven, and will be taking care of the residents in the Riverside area of the Home.



CARMEL HAYDEN

Maranatha Volunteer & Pastoral Care Coordinator

Carmel has taken on this role after Keren Taylor was made RAO Team Leader. She has a background in banking and mortgage finance, and loves her new position here.



RAJNI JOG

Courtlands Care Manager

Rajni began in this role late last year, after many years working in the aged care industry. She provides clinical leadership across all areas of Courtlands Aged Care.

SCHOLARSHIP STORIES



My name is Kaitlyn Bonner, and I'm from Albion Park NSW. I'm currently in my second year of nursing at Australian Catholic University in North Sydney.

After completing my HSC in 2016 I had so many different ideas of what I wanted to study. However, I knew for certain that I was fascinated with biology and wanted to make a positive impact in others' lives. I successfully achieved a position at ACU in the Early Achievers Program in recognition of my community engagement endeavours; this included my work as a volunteer at Christadelphian Aged Care homes since 2013. I gave many thoughts to transferring to another degree as I was still full of different ideas about my future career. However, after my first semester in nursing I knew it was the perfect fit.

This year I have worked at Ridgeview Aged Care as an AIN (Assistant In Nursing) to help put my current skills and knowledge into practice while I study. I thoroughly enjoy working with the kind staff and residents.

The Christadelphian Aged

Care scholarship has allowed me to settle into uni life without worrying about the costs of travelling and living away from home in Sydney. I have a great group of friends at uni and we're all excited to graduate in just over a year's time as Registered Nurses. I hope to work in an emergency or acute care ward once I graduate. I can't seem to get enough study and I'm already considering a postgraduate degree in critical care or as a nurse educator. I'd like to thank CAC for the opportunity for this scholarship and for the invaluable experience I'm gaining from working at Ridgeview. I'd also like to thank all the nursing staff for their warm welcome and advice as a young nurse starting out in the field.



Congratulations to CAC scholarship recipients Tori Peden and Corinne Mansfield for completing their Bachelor of Nursing degrees this year.

9 TIPS ON COMMUNICATING WITH THOSE LIVING WITH DEMENTIA

Libby Palmer from Dementia Australia recently spoke with volunteers about how to better communicate with people living with dementia.



01 Check their hearing and eyesight

Sometimes a person with dementia doesn't respond because they can't hear or see you properly. It's handy to take a little cloth in your pocket or purse and clean their glasses, because often they get dirty and they don't realise that's why they can't see properly. Also check their hearing aids to make sure they are working, they are switched on, aren't whistling or the batteries aren't flat.

02 Be aware of body language and tone

When cognitive abilities such as the ability to reason and think logically deteriorate, a person with dementia will communicate differently. 55% of how we communicate is body language, 38% is the tone and pitch of our voice, and only 7% is the words we use. This highlights how careful we should be in how we talk to those with dementia. Negative body language such as sighs and raised eyebrows can easily be picked up.



03 Wait 5 seconds for a response

Often people think a person with dementia hasn't heard or understood them, but it may take them longer to process what you have asked them. A good rule is to wait five seconds for a response after asking them a question. It can seem like a long time in our busy lives, but taking that extra time gives the person time to understand what you've said and form a response. Quite often you will get a response and will not have to keep repeating yourself.





04 Remain calm and talk gently

If you come to visit a person with dementia and you are stressed about something that's happened to you, they will pick up on that. Take a deep breath and count to 10, and then walk in. Your body language and tone will be much more relaxed.



05 Keep sentences short and simple

Focus on one idea at a time and speak simply, without being condescending. For example, greet them and say "We're going on the bus today", instead of saying "We're going on the bus, and then there will be a barbecue, and then we are going to the park".

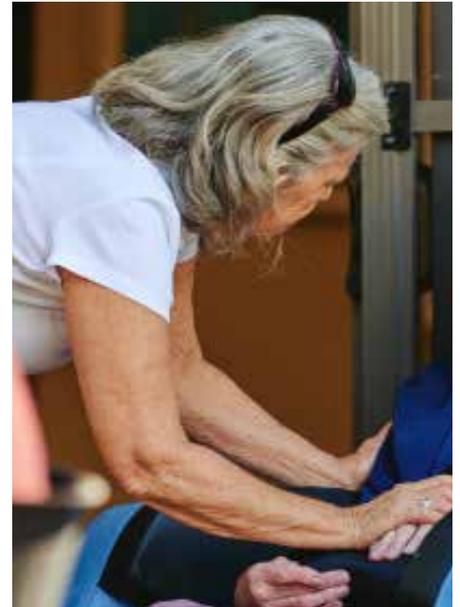
06 Avoid competing noises

The environment you are in can contribute to how well you communicate with a person with dementia. Avoid trying to compete with background noise such as TVs and radios. However, don't turn them off without asking their permission. Also stay still while talking as it will make it easier for them to follow what you are saying, and stay in the person's line of vision.



07 Don't argue

Nobody will ever win an argument with a person with dementia. If they say the pen is blue when it is red, you can say 'I'm pleased the pen is working', rather than 'Can't you see the pen is red?'. To them it is blue.



08 Be aware of the questions you ask

Don't ask a lot of direct questions that rely on a good memory. However, you can be specific in your questions. "Are you in pain?" is a very broad question. It would be better to ask, "Do you have a headache?".



09 Maintain dignity and respect

Giving orders such as "Put your shoes on, we're going out", is not respectful. Find another way to get them to put their shoes on. It's also important not to tell them what they can't do. Instead, suggest to them things they can do.

For more information you can download a help sheet at:

https://www.dementia.org.au/files/helpsheets/Helpsheet-CaringForSomeone01-Communication_english.pdf

A TOUCH OF COLOUR



There's been a buzz of activity at our Homes and Villages over the last six months as staff continue to demonstrate our signature behaviours every day.



It's been more than a year since Christadelphian Aged Care embarked on a journey to create an intentional culture across all our Homes and Villages.

Within that time staff have begun to embrace the program and work to actively promote our four "signature behaviours" in the workplace every day.

CAC took the step to create an intentional culture with our staff to improve our already high standard of care delivery and make our organisation a happy and motivating place to live and work.

Throughout the last six months, Advocates at each of our Homes have organised activities to help everyone make the signature behaviours second nature.

One of the ways staff promote our signature behaviours is by holding colour days, where staff and residents dress up in one of the four colours that represent a particular signature behaviour. They are encouraged to hand out "You've Been Spotted" cards and butterfly stickers to their colleagues when they see them demonstrating the desired behaviours.

Ridgeview Advocates created an artwork with handprints to represent how everyone can contribute to improving our culture.



These have included colour days, morning teas, charity fundraisers, photo shoots and games involving the residents. Staff from Corporate Services also spent time at a number of our Homes helping out with activities to get a taste of what our care staff do every day. We also began to focus on occupancy as a

business measure, with the understanding that every staff member can contribute to increasing the number of residents we care for by creating a welcoming and enjoyable living and working environment. The momentum that has been created is sure to continue in the second half of the year as we all work to live "The CAC Way" every day.



Corporate Services staff spent time walking in the shoes of some of our staff on the floor to better understand what they do every day.

The CAC Way



We always work to delight our residents.



Understand, solve and deliver



Do what we say we will do



Work together, achieve together



Paul and Jane Bundesen.



Isobelle Bundesen and Beris Barrett.



Joan Mogg, Ailsa Mogg and Dawn Middlecoat.

THANKSGIVING

DELL'S CAFE DEDICATION

A decade after the cafe at Maranatha in Kallangur first opened, residents, volunteers, staff and friends gathered for a thanksgiving afternoon tea at the newly named "Dell's Cafe".

Thanks to the generosity of a Dell Waldron, a past volunteer at Maranatha, the cafe has received a facelift and extended its interior to keep visitors cool in summer.

The café originally opened when former manager, Dennis Arthur, asked two volunteers, Jenny Dunstan and Sue Witton, to establish a cafe in the area marked out for it in what was then the new extension. Dennis Arthur paid tribute

to Dell Waldron, who he remembered as a great cook who always gave her time to help others.

"Dell was basically a volunteer all her life, or for as long as I knew her, and my first recollection of Dell was volunteering as a cook at one of the youth camps," he said. "She volunteered as long as she could. If she was here she would absolutely love what has been done in her name."

The cafe is always looking for new volunteers, so if you are interested please contact Volunteer & Pastoral Care Coordinator Carmel Hayden on (07) 3482 5334 or chayden@chomes.com.au.



"If she were here she would absolutely love what has been done in her name."



Colin and Flo Askin.



Sue Witton and Jenny Dunstan were the volunteers who began the cafe at Maranatha,

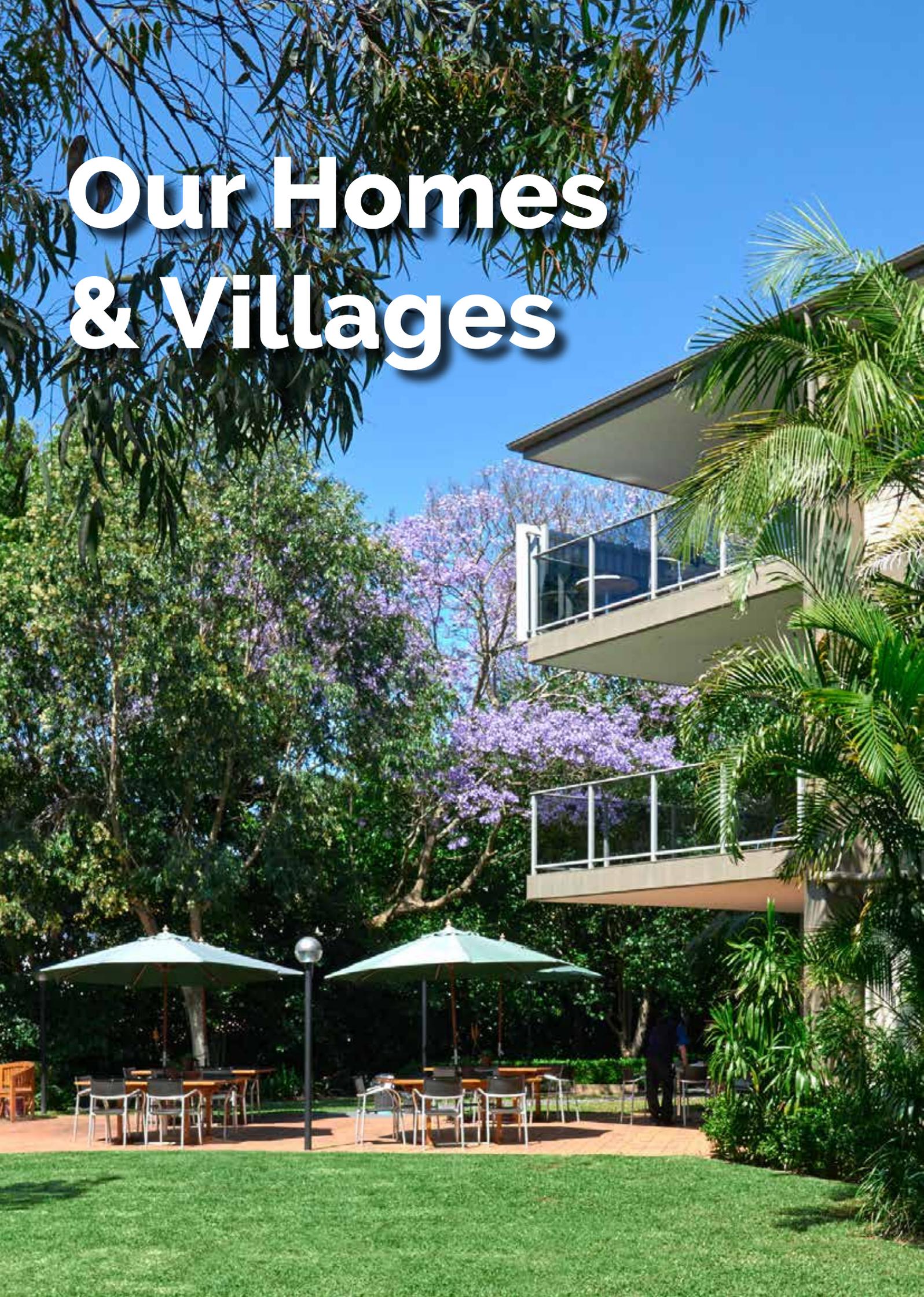


Dell Waldron's sister Esme and her husband Paul Evans.



Betty Sawell and Joy Gregory at the thanksgiving afternoon tea at Dell's Cafe.

Our Homes & Villages





Courtlands Village

North Parramatta

Courtlands Village is set among magnificent landscaped grounds and carefully manicured gardens, and combines independence with membership to an active community.

Residents can embrace a lifestyle that is as active or relaxed as they like. The Village is located close to shops and medical facilities, and only 4km from the heart of Parramatta.

Along with renovated self-care apartments, the Village also offers higher levels of care, including a nursing home, which allows a smooth transition for residents as their care needs change.

Features:

- ✓ Newly renovated 1, 2 and 3 bedroom units
- ✓ Fully-airconditioned
- ✓ 24-hour emergency call system
- ✓ Secure parking available
- ✓ Village Centre and lounges
- ✓ Hair salon, theatre and activity rooms
- ✓ Full-size billiards table, bar and gym
- ✓ Library, computer kiosks and chapel
- ✓ Active lifestyle program and bus trips
- ✓ Beautifully maintained gardens

♥ Independent Living Units

Address:

15 Gloucester Ave
North Parramatta NSW 2151

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 9683 8000

Email:

admin@chomes.com.au



Maranatha Village

Kallangur

Spend time at Maranatha and it won't take long before you begin to appreciate the strong bonds of friendship and support between the residents who have made the Village their home.

The not-for-profit community is located in the northern Brisbane suburb of Kallangur and features beautiful brand new two bedroom ground-floor units with secure garages surrounded by landscaped gardens for those looking to retire in comfort among friends.

The large recreation room features a library, snooker table, comfortable couches, an entertainment unit, kitchenette and plenty of space for activities and functions.

Features:

- ✓ Brand new ground-floor units
- ✓ Two bedroom units with study
- ✓ Fully-airconditioned
- ✓ 24-hour emergency call system
- ✓ Secure garages
- ✓ Large recreation room and barbecue facilities
- ✓ Aged care Home co-located within Village
- ✓ Social activities and bus trips
- ✓ Beautiful lagoon with boardwalk
- ✓ Giant chess board and croquet lawn

♥ Independent Living Units

Address:

1582 Anzac Ave
Kallangur QLD 4503

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(07) 3886 8889

Email:

admin@chomes.com.au



Westcourt Village

Westmead

Westcourt Village is a small retirement community in Westmead that offers modern self-care accommodation and full access to Courtlands Village services nearby.

The Village is located near Westmead Private Hospital and close to public transport, and provides independence to residents in a safe and secure environment.

The villas are surrounded by beautifully maintained gardens, along with barbecue facilities and entertainment areas. Westcourt residents have access to the full lifestyle program at Courtlands Village, including social activities such as weekly shopping trips, luncheons and other day trips out of the Village.

Features:

- ✓ Ground floor and first floor units
- ✓ Spacious two bedroom villas
- ✓ Fully-airconditioned
- ✓ 24-hour emergency call system
- ✓ Onsite parking
- ✓ Entertainment areas and barbecue facilities
- ✓ Access to Courtlands Village services nearby
- ✓ Social activities and bus trips
- ✓ Beautifully maintained gardens
- ✓ Close to medical services and public transport

♥ Independent Living Units

Address:

21 Darcy Rd
Westmead NSW 2145

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 9683 8000

Email:

admin@chomes.com.au



Ashburn House

Gladesville

Ashburn House is a beautiful, modern and comfortable aged care home that offers a range of accommodation options and outstanding 24-hour nursing care. The Home is located in the northern Sydney suburb of Gladesville, close to Looking Glass Bay and Banjo Patterson Park.

The private and companion rooms are stylishly furnished and feature ensuites, spacious wardrobes, telephones, flatscreen TVs, air conditioning and quality linen. We also offer Extra Service places for those seeking a premium aged care experience.

The Home is surrounded by landscaped gardens and entertainment areas, including a cafe with outdoor dining.

Features:

- ✓ Private and companion rooms with ensuites
- ✓ Fresh meals prepared onsite
- ✓ Active lifestyle program with bus trips
- ✓ Outstanding nursing care
- ✓ 24-hour emergency call system
- ✓ Respite, dementia and pastoral care
- ✓ Onsite cafe with outdoor dining
- ✓ Hair salon, library and activity rooms
- ✓ Extra Service places available
- ✓ Beautifully maintained gardens

♥ 24-hour nursing care

Address:

20-34 Ashburn Place
Gladesville NSW 2111

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 8876 9200

Email:

admin@chomes.com.au



Casa Mia

Padstow

Casa Mia Aged Care is located close to the banks of Salt Pan Creek in a quiet neighbourhood in Padstow. The Home offers residents an exceptional level of care that comes from dedicated and caring staff and a commitment to enriching the lives of all residents.

There are private and companion rooms available that feature personal televisions, wardrobes and quality linen and flooring. Delicious meals are prepared onsite, and there is an active lifestyle program with regular bus trips.

Casa Mia opens out to an expansive lawn and garden with a covered entertainment area and barbecue facilities that can be enjoyed with family and friends.

Features:

- ✓ Outstanding 24-hour nursing care
- ✓ Private and companion rooms
- ✓ Personal flatscreen TVs
- ✓ Fresh meals prepared onsite
- ✓ Active lifestyle program with bus trips
- ✓ Visiting hairdresser
- ✓ Entertainment areas and barbecue facilities
- ✓ Gardens and quiet outdoor areas
- ✓ Respite, dementia and pastoral care
- ✓ Government-supported places available

♥ 24-hour nursing care

Address:

28 Alma Rd
Padstow NSW 2211

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 8707 6010

Email:

admin@chomes.com.au



Chamberlain Gardens

Wyoming

Chamberlain Gardens offers outstanding 24-hour nursing care in a family environment in Wyoming on the NSW Central Coast. The Home backs on to Niagara Park Reserve and has beautiful views of the Australian bush.

Private and companion rooms feature ensuites, flatscreen TVs, spacious wardrobes and furnishings. Residents enjoy active social lives with a busy lifestyle program including Pet Therapy, cooking classes, games and regular bus trips. Chamberlain Gardens also offers emotional support for residents with a full-time pastoral carer onsite.

There are landscaped gardens and courtyards, including entertainment areas and barbecue facilities.

Features:

- ✓ Private and companion rooms with ensuites
- ✓ Active lifestyle program with bus trips
- ✓ Balconies and patios with bush views
- ✓ Respite, dementia and pastoral care
- ✓ Fresh meals prepared onsite
- ✓ Hair salon, library and activity rooms
- ✓ Individualised nursing care
- ✓ Modern lounges and quiet areas
- ✓ 24-hour emergency call system
- ✓ Gardens and courtyard areas

♥ 24-hour nursing care

Address:

53-67 Chamberlain Rd
Wyoming NSW 2250

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 4329 8000

Email:

admin@chomes.com.au



Courtlands North Parramatta

Courtlands Aged Care in North Parramatta is located within the larger retirement village, and is surrounded by beautiful gardens and landscaping.

Courtlands offers private and companion rooms with many bedrooms overlooking the extensive gardens and Lake Parramatta Reserve.

There is also specialised secure care for those with dementia and other cognitive difficulties.

For those seeking a premium aged care experience we also offer Extra Services packages, which feature superior furnishings, menu choices and other extras.

Features:

- ✓ Outstanding 24-hour nursing care
- ✓ Private and companion rooms
- ✓ Fresh meals prepared onsite
- ✓ Respite, dementia and pastoral care
- ✓ Active lifestyle program with bus trips
- ✓ Extra Service places available
- ✓ Hair salon, library and theatrette
- ✓ Recreation and activity rooms
- ✓ Entertainment areas and barbecue facilities
- ✓ Beautifully landscaped gardens

♥ 24-hour nursing care

Address:

15 Gloucester Ave
North Parramatta NSW 2151

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 9683 8000

Email:

admin@chomes.com.au



Maranatha Kallangur

Maranatha Aged Care is surrounded by beautifully landscaped gardens in the northern Brisbane suburb of Kallangur in Queensland.

The integrated site offers 24-hour nursing care, including lifestyle and therapy services. Maranatha offers a range of living environments including private and companion rooms with ensuites. Many of the rooms have views of the beautiful gardens, and open out onto small courtyards.

A large lagoon forms part of extensive landscaping and is lined by a wooden boardwalk that leads to a pergola and a giant chess board. There is also a croquet lawn and plenty outdoor areas.

Features:

- ✓ Private and companion rooms with ensuites
- ✓ Fresh meals prepared onsite
- ✓ Active lifestyle program with bus trips
- ✓ Outstanding nursing care
- ✓ 24-hour emergency call system
- ✓ Respite, dementia and pastoral care
- ✓ Onsite cafe with indoor and outdoor dining
- ✓ Hair salon and activity rooms
- ✓ Croquet lawn and giant chess board
- ✓ Stunning lagoon area with boardwalk

♥ 24-hour nursing care

Address:

1582 Anzac Ave
Kallangur QLD 4503

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(07) 3886 8889

Email:

admin@chomes.com.au



Northcourt

North Parramatta

Northcourt Aged Care is located in North Parramatta and provides 24-hour care services for 35 residents. The staff of Northcourt provide an excellent standard of care in a small, home-like and friendly environment.

Residents at Northcourt enjoy an active lifestyle program, including Pet Therapy, regular bus outings, games and special events. Pastoral Carers are also on hand to provide emotional support.

There are private and companion rooms available with views out to the beautiful gardens, a comfortable lounge and dining area, and outdoor deck with barbecue facilities.

Features:

- ✓ Outstanding 24-hour nursing care
- ✓ Newly renovated private and companion rooms
- ✓ Fresh meals prepared daily
- ✓ Respite and pastoral care programs
- ✓ Active lifestyle program with bus trips
- ✓ Registered Nurse on duty 24-hours
- ✓ Outdoor deck with barbecue facilities
- ✓ Comfortable lounge and dining area
- ✓ Beautifully landscaped gardens
- ✓ Visiting hairdresser

♥ 24-hour nursing care

Address:

7 Saunders St
North Parramatta NSW 2151

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 9683 8000

Email:

admin@chomes.com.au



Ridgeview

Albion Park

Ridgeview Aged Care is situated in the foothills of Budderoo National Park in a quiet residential community in Albion Park, and enjoys attractive mountain views.

The Home has 24-hour professional nursing care and provides services tailored to the specific needs of each resident with compassion and dignity.

There are private and companion rooms with ensuites, along with flatscreen TVs and stylish furnishings. Residents enjoy an active lifestyle program including regular bus trips. Massage and nail care is also available at the Tranquillity Spa, and therapy programs in the Wellness Centre.

Features:

- ✓ Private and companion rooms with ensuites
- ✓ 24-hour emergency call system
- ✓ Fresh meals prepared onsite
- ✓ Active lifestyle program with bus trips
- ✓ Respite, dementia and pastoral care
- ✓ Spa and Wellness Centre
- ✓ Library and comfortable lounges
- ✓ Resident cafe onsite
- ✓ Hair salon
- ✓ Gardens and beautiful mountain views

♥ 24-hour nursing care

Address:

95 Daintree Drive
Albion Park NSW 2527

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 4235 7600

Email:

admin@chomes.com.au



Southhaven Padstow Heights

Southhaven Aged Care emerges from the bushland of Salt Pan Reserve, on the banks of Salt Pan Creek in Padstow Heights.

There are private and companion rooms available, along with a secure area for those living with dementia and other cognitive difficulties.

Our new cafe provides a perfect place for residents and families to gather and spend some quality time together, and overlooks the river and bushland.

Residents enjoy a busy social calendar including Pet Therapy, games and regular bus trips.

Features:

- ✓ Private and companion rooms available
- ✓ Flatscreen TVs in every room
- ✓ Cafe overlooking river and bushland
- ✓ Fresh meals prepared daily
- ✓ Respite, dementia and pastoral care programs
- ✓ Active lifestyle program with bus trips
- ✓ Hair salon
- ✓ Comfortable lounges and dining areas
- ✓ Theatrette and recreation room
- ✓ Visiting allied health services

♥ 24-hour nursing care

Address:

11 Queensbury Rd
Padstow Heights NSW 2211

Contact:

Accommodation enquiries:
1800 246 637

General enquiries:

(02) 9782 6010

Email:

admin@chomes.com.au



What are the costs?

The cost of entering aged care in Australia depends on the circumstances of each person. Those with little or no assets only pay the Basic Daily Fee, which is 85% of the pension. Others with assets are required to contribute more to their care:

Care fees + accommodation fees + optional extras

Care fees

Basic daily fee

This is 85% of the pension, currently:

\$50.16*



Means tested care fee

This is an additional daily care fee based on a resident's assets and income.

The Means Tested Care Fee is indexed and capped annually (\$26,964.71), and over the lifetime of a resident (\$64,715.36)*.

**Correct to September 19, 2018*

Accommodation fees

This will differ depending on the type of room you choose. Prices are advertised on our website. You can pay in three different ways:

1

Lump sum

OR

2

Daily payment

OR

3

Any combination of both

Refundable Accommodation Deposit (RAD)

This is a lump sum, and the balance is refunded when the resident leaves our care, minus any agreed deductions.

Daily Accommodation Payment (DAP)

Instead of paying a lump sum you can pay a daily fee based on the RAD, charged at the Maximum Permissible Interest Rate.

Maximum Permissible Interest Rate (MPIR)

Interest rates are determined by the Australian Government and updated quarterly. Currently set at 5.77% (April 1- June 30, 2018)

Optional extras

Depending on the Home the resident may have to pay extra for services such as telephone, internet, hair appointments and allied health services such as dental, podiatry etc.

By visiting My Aged Care: www.myagedcare.gov.au/fee-estimator/residential-care you will be able to complete and print your Residential Care Fee Estimator. Your estimate will give you the basic daily fee, the means-tested care fee and the accommodation payment.

Call 1800 246 637 to apply or for more information

1 Contact us on 1800 246 637 or visit our website to book in a tour at one of our Homes, and receive an enquiry pack.

2 All aged care residents require an Aged Care Client Record (ACCR), which can be arranged through Aged Care Assessment Teams (ACAT). For more information on your local ACATs visit www.myagedcare.gov.au. A Request for a Combined Assets and Income Assessment also needs to be lodged with Centrelink.

3 Complete a CAC application form, available on our website or enquiry packs.

4 Submit these documents, and if applicable, a copy of enduring power of attorney and/or guardianship documents, to the Resident Services Officer who will discuss your needs and current availability of accommodation.



Respite and Special Care Units

Respite care is a form of support for carers. It gives people a break from their caring role, and allows older people to experience aged care services.

A short stay in our Homes can be arranged on a planned or emergency basis. To receive residential respite care an ACAT approval is required.

Christadelphian Aged Care now offers up to two weeks free respite care at Homes in NSW (conditions apply).

Special care units are designed to give residents the best quality of life supporting those with various forms of dementia in a safe and secure environment.



The beautiful gardens at Courtlands Village, North Parramatta

Ashburn House

20-34 Ashburn Place,
Gladesville NSW 2111
Ph: (02) 8876 9200

Chamberlain Gardens

53-67 Chamberlain Rd,
Wyoming NSW 2250
Ph: (02) 4329 8000

Ridgeview

95 Daintree Drive,
Albion Park NSW 2527
Ph: (02) 4235 7600

Casa Mia

28 Alma Rd,
Padstow NSW 2211
Ph: (02) 8707 6010

Maranatha Village

1582 Anzac Ave,
Kallangur QLD 4503
Ph: (07) 3482 5333

Southaven

11 Queensbury Rd,
Padstow Heights NSW 2211
Ph: (02) 9782 6010

Northcourt

7 Saunders St,
North Parramatta NSW 2151
Ph: (02) 9683 8000

Courtlands Village

15 Gloucester Ave,
North Parramatta NSW 2151
Ph: (02) 9683 8000

Westcourt

21 Darcy Rd,
Westmead NSW 2145
Ph: (02) 9683 8000

Christadelphian Aged Care

1 Arab Rd, Padstow NSW 2211
Phone: (02) 9782 6080
Accommodation enquiries: 1800 246 637
E: admin@chomes.com.au



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facebook.com/christadelphianagedcare



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twitter.com/CACagedcare

www.chomes.com.au