

Candlelight Magazine

A publication of Christadelphian Aged Care

**Celebrating
70 years**

**The food revolution
begins**

**Art therapy and
dementia**



December 2017

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Aged care guide

Join us on our journey

When a group of Christadelphians first opened the doors to an aged care home in 1947 they were able to provide care to 16 elderly and frail Australians. Seven decades later and we have been blessed to be able to grow and adapt to the ever changing aged care industry.

We now care for 1200 residents and employ a similar number of staff who continually strive to delight and deliver the best possible service.

I would like to thank everyone who has been part of our journey so far, and encourage others to join us in creating a world-class aged care organisation.

Graham Cavanagh-Downs
Chairman

Editor: Jenny Galbraith

Photos: Jenny Galbraith, David Henry, Jenelle Joseph and CAC Photography workshop participants.

Cover: Southhaven resident Donald Cook, photographed by Ross Cutuli

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Follow us on Twitter:

twitter.com/CACagedcare



This year we joined together with residents, staff, volunteers, family and friends to celebrate our organisation's 70th anniversary.

Christadelphian Homes was started in 1947 with the aim of putting the values and beliefs of the Christadelphian faith into practice, by becoming the hands of feet of Jesus Christ in our community. These same mission and values are what still drive us now seven decades on.

Everyone who works and volunteers for Christadelphian Homes has the welfare of the residents at their heart, and try every day to create a community that not only provides exceptional clinical care, but one that has heart.

The residents who come into our care have lived through wars, depressions and hardship. They have travelled the world, started families and lived through some of the 20th century's most significant developments.

Their life story does not stop when they find their new Home with us. We work to help them continue their existing passions, interests and relationships, and establish new ones.

Through our strong volunteer and pastoral care program we have people in our Homes dedicated to sitting down with our residents to listen, laugh, cry and be there for them when their family and friends may not be able. This is what makes us different, and is at the core of everything we strive to do.

But 70 years on and we're still learning. The aged care industry is very different now from what it was even 10 years ago.

Our residents are coming to us older and need more acute care. We will continue to meet the challenges aged care presents every day, and with a smile on our faces.

Ross Peden
Chief Executive Officer



New retirement units completed

Maranatha Village will soon welcome new residents into the community after work on the brand new and renovated units was completed this month.

Four new units were built on the grounds in Kallangur, which feature two bedrooms, ensuites, a large study and patios.

The units are airconditioned, and have ceiling fans in the bedrooms, along with built-in mirrored wardrobes.

All residents who live in Maranatha Village have access to a 24-hour emergency call system.

The units also feature beautiful outdoor patios and entertaining areas, along with

The units feature beautiful outdoor patios and entertaining areas, along with spacious kitchens.

Two one bedroom units were also built, which will be available for rent.

Eleven existing units were stripped back to concrete and completely rebuilt, with two bedrooms and a large study.

The new and renovated units are all single level and feature open plan living, with high ceilings and quality finishings.

a spacious kitchen with Caesarstone benchtops and modern appliances.

The units are available for sale now and are priced from \$385,000.

For more information please contact Village Manager Kerry Kennedy on (07) 3482 5308 or email kkennedy@chomes.com.au.



Maranatha cafe renovations

Renovations to Maranatha's cafe are now complete, and allow more space for residents, staff and visitors to enjoy meeting together throughout the entire year.

Part of the outdoor area has been enclosed and is airconditioned, and will soon be decorated with new furniture, vertical gardens, flowers and artwork.

Courtlands

Renovations on The Vista at Courtlands Aged Care have been completed, and feature quality flooring, upgraded lounge and dining areas and newly renovated rooms.

There is also new furniture in the dining and lounge rooms, and beautiful new bedspreads and cushions in the bedrooms.

Work on The Terrace has recommenced after Level 1 was stripped back earlier this year.

The renovations will occur in four stages, with each stage taking around six months to complete.

The renovations will result in modern and elegantly decorated rooms and common areas for our residents, and will allow them to remain in place as their care needs change.

Ashburn House

Plans are being finalised for an upgrade to the airconditioning system at Ashburn House, as part of a major renovation project to the Home.

Some rooms, dining areas and lounges will be made larger, and the entranceway will also be redesigned with a new portico area and refurbishment of the central courtyard.

Chamberlain Gardens

New flooring has been laid at Chamberlain Gardens in the dementia area.

Southaven

The driveway down to Riverside will be improved at Southaven, and there will be some cosmetic upgrades to the Treetops lounge room, including new paint and partitions. Work on a new deck area for staff in Riverside will also commence in January.

Capturing the faces, lives and stories of our residents

An innovative photography project has captured beautiful images of our residents and forged new friendships within the community.

To celebrate Christadelphian Aged Care's 70th anniversary a photography course was held at Southhaven Aged Care for interested people within our community to learn more about their cameras and how to take beautiful shots.

A professional tutor ran the six week course for 12 participants, who visited the Padstow Heights Home for two hours every Saturday morning.

The participants were taught technical theory for the first hour, and then were partnered with residents from the Home, who became their "muses" and the subject of their photography.

"The course came along around the time when I was looking into DSLR photography, and ended up re-kindling an earlier interest I had in photography as a younger man," he said.

"It helped me in learning so much about DSLR photography as well as meeting some wonderful people during the process."

At the end of the six week course the participants were invited to submit photos into Christadelphian Aged Care's photography competition, which was opened up to residents, families, staff and volunteers.

More than 150 photos were entered into the competition, which then formed an exhibition that was launched on August 25 at the Homes' 70th anniversary celebrations.

The participants were partnered with residents from the Home, who became their 'muses'.

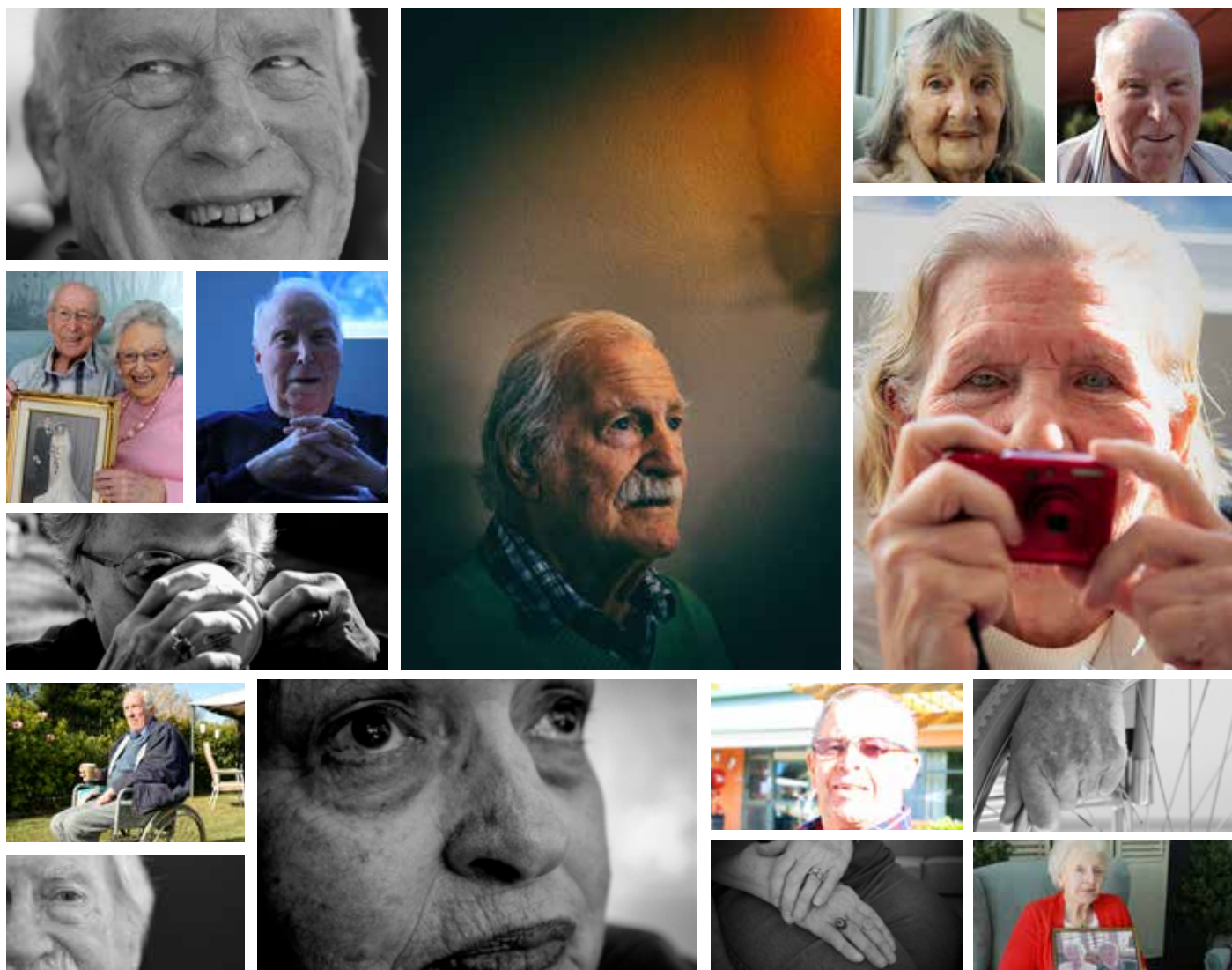
Over the course of the six weeks the participants and residents shared their stories and formed friendships, taking hundreds of images and improving their skills.

Ross Cutuli was a participant of the workshops, and said he found it an extremely rewarding experience.

Around 100 people gathered at Southhaven to celebrate the history of Christadelphian Aged Care, and enjoy the beautiful photos of residents from across all our sites.

Prizes were awarded on the night, including the People's Choice award, which was determined by a vote on our Facebook Page.





The exhibition has been on a roadshow to all the Homes and Villages over the last three months, with mini launch celebrations for staff and residents.

"Christadelphian Homes have really excelled at developing this opportunity and, in the process, I believe have added more to the lives of the residents that were involved in the project," Ross Cutuli said.

Check out the winning entries on our Facebook Page.

"The course helped me in learning so much about photography as well as meeting some wonderful people during the process."

#ContinueYourStory Photography Competition Winners:

Executive Award: Ross Cutuli

Portraiture: Cara McClure

Documentary: Virginia Errington

Life in Stills: Anthia Shaw

Past and Present: Breanna Stokes

People's Choice: Michelle Chate

Highly Commended: Fiona Russell

Highly Commended: Barbara Lester

Highly Commended: Kristen Zammit

Highly Commended: Fiona Russell

Highly Commended: Ross Cutuli

New staff



Courtlands & Northcourt Facility Manager - Elaine McRory

Elaine officially commenced as Facility Manager at Courtlands and Northcourt Aged Care in October after a few months of working closely on the floor monitoring care, meeting staff, residents and families and reviewing how the Homes are run. She has an open door policy and encourages teamwork and communication.



Ridgeview Facility Manager - Debbie Payne

Debbie began at Ridgeview in October after moving to the Illawarra from Cooma where she ran an aged care Home. Debbie has extensive experience in the aged care industry, and encourages feedback from staff, residents and families to improve care delivery and create a positive environment for everyone.



Hotel Services Manager - Ashwin Chetty

Ashwin Chetty has come on board at Christadelphian Aged Care after working in large hotels for many years. His role is to manage hotel services across the organisation. He will be overseeing staff training, food services and dining experiences, laundry and general hotel services.



Ridgeview Care Manager - Michele Houston

Michele has extensive experience in the aged care industry and most recently worked as Deputy Director of Nursing and Care Manager at an aged care home in Sydney's south. She enjoys getting to know the residents and their families, listening to their stories and becoming a part of their lives.



Volunteer & Pastoral Care Coordinator - Keren Taylor

Keren is originally from Adelaide and worked in finance for five years before studying to be an Allied Health Assistant. She moved to Brisbane early this year and started volunteering at Maranatha before starting this role. She is excited about her new role as she loves spending time with people and brightening up their day.



Giving carers a break

Christadelphian Aged Care has introduced a free respite care program at its NSW Homes.

Carers and their loved ones across the greater Sydney region are benefiting from Christadelphian Aged Care's free respite care program that has been recently introduced.

Caring for an elderly loved one in their home can be extremely rewarding, and plays an important part in maintaining older people in the community for longer.

However, regular breaks can help carers maintain good mental health, and has been proven to decrease perceived stress and anxiety, and increase morale.

Residential respite care is when an elderly person stays in an aged care Home on a short-term basis, and receives 24-hour nursing care by the clinical team of nurses, lifestyle and allied health staff.

Christadelphian Aged Care first trialled limited free respite care at its Home in Padstow Heights, and after it proved popular extended it to our other NSW Homes.

Respite residents usually pay a daily fee at a price set by the Government, but now those who take up the offer of free respite care at Christadelphian Aged Care's NSW Homes pay only for their medications and optional extras for up to two weeks.

Respite care allows carers to travel or attend to other responsibilities while knowing their loved one is being cared for by professionals.

Respite residents are provided with accommodation, 24-hour nursing care, all meals, access to allied health staff and extensive lifestyle and entertainment programs.

Many people who come in as respite residents end up staying on permanently at the Home after experiencing the care provided.

The free respite program gives Christadelphian Aged Care the opportunity to support more older people in the community, as well as their carers.

For more information about our free respite program and to read the terms and conditions please visit www.chomes.com.au.

Food from the heart



Christadelphian Aged Care will undergo a food revolution to improve nutrition and create sensory and memorable dining experiences.

Food plays a powerful role in our everyday lives, and as we age what we eat becomes even more important to our health and happiness.

Food can evoke memories, change your mood and provide time to share our lives with family and friends.

Ashwin sees his role as similar to working in the hotel industry, only with different clientele.

His passion for food led him to work as an apprentice chef, and he eventually made his way up to executive chef before moving into more managerial roles.

"The look, feel and taste of food can bring back memories, and create positive experiences."

This year Christadelphian Aged Care began improving its dining experiences by recruiting a food and hotel specialist to oversee all its hotel services.

Hotel Services Manager, Ashwin Chetty, formerly worked at the Intercontinental Hotels group overseeing all their food and beverages across Australasia.

"I think growing up, food allowed us all to stop and gather together to share our day and connect around the dinner table as a family," he said.

"The look, feel and taste of food can bring back memories, and create positive experiences which stay with you after you leave the table."

Ashwin moved from large hotels into the aged care sector because he wanted to work with an organisation that provided a meaningful service to the community, and where he could make a real difference.

"I wanted to work with an outlet that looks after the community and is involved with the community," he said.

"My aim is to bring happiness to our residents by delivering a product that is high quality and feels like a hotel experience from the minute you enter - from the food, to the bedding and layout of the dining rooms."

Ashwin will be managing menu engineering and taking into account the likes and dislikes of residents by providing more meal choices.

"All the ingredients we use are fresh, and we want to continue doing that. We use very limited frozen food," he said.

"We're trying to use more fresh herbs in our produce as well, which is especially important for residents with dementia, as it's smell that stimulates their appetite."

Christadelphian Aged Care aims to make dining experiences enjoyable to improve nutrition and reduce waste.

This year Ridgeview Aged Care in Albion Park introduced buffet lunches and dinners to give residents more choice in what they are eating, and how much they want on their plate.

This has not only improved the well-being of residents and created excitement around meals, but also reduced the amount of uneaten food.

As part of the food revolution Ashwin is also going to provide more training to the chefs at each Home to achieve a consistent standard across the organisation.

He is working with them to create new recipes that can be used at each Home, as well as improving food presentation and the look and feel of the dining rooms.

A significant proportion of aged care residents have difficulty chewing and swallowing, and so require pureed food.

"We're trying to use more fresh herbs in our produce as well, which is especially important for residents with dementia, as it's that smell that stimulates their appetite."

Christadelphian Aged Care is trialling molds that make the pureed food look like the original vegetable or meat product to make it more appetising.

This helped improve the nutrition of the residents and their overall health, Ashwin said.

"So a zucchini will look like a zucchini, a lamb cutlet would look like a lamb cutlet, steak will look like a steak, but it would be puree," Ashwin said.

"Molded food improves the visual experience, which is especially important for residents with dementia who may find it difficult to identify what they are eating."

Maranatha Aged Care at Kallangur has already started using this technique for its desserts.

"So they can make a lemon meringue pie look like a lemon merinage pie," Ashwin said.

Looking for new and innovative ways to cook and prepare food will ultimately lead to a more enjoyable experience for residents, and improved nutrition and health outcomes, he said.



Art therapy and dementia

A volunteer art therapy program is focusing on the area of the brain that is often the last to be lost to dementia.

For art teacher Judy Muir the end product is never the point of her classes.

She volunteers at Southhaven Aged Care by running art therapy classes in the dementia area of the Home.

Small groups of residents are invited to engage with paint by mixing it up and putting it on paper, but what they paint is less important than the process, Judy said.

"There's a bit of research around art and people with dementia, and the first level is to engage with material, and that's what we're doing," she said.

"Dementia traditionally has been under-serviced in aged care, and that has had to do with the response from residents."

Judy is not put off when some residents don't engage.

"It's about brain stimulation and working the creative part of the brain."

"It's a daily thing. I don't look at it long term. If somebody gets some response at the time, then that's a good thing," she said.

"It's about brain stimulation and working the creative part of the brain that is the last to go.

"Seeing somebody with really severe dementia really engage one day with mixing and applying paint is a really nice thing to see," Judy said.



Culture program gains momentum

Christadelphian Aged Care's culture change program has continued to reinforce the positive behaviours staff display every day.

The program was launched in April this year, and seeks to create one intentional culture across all our Homes and Villages.

In recent weeks staff have been involved in completing a range of simple activities based on the four signature behaviours.

The purpose of the activities is to encourage positive staff interactions with other staff and our residents.

We have also gathered to discuss and plan ways to ensure we keep our Homes full of delightful residents so that we can provide outstanding care to as many people who need it as possible.

A highlight of the past few weeks has been the opportunity for staff from

"We always knew that staff were caring and dedicated, however, we were able to see it with our own eyes."

Corporate Services to spend time away from the office and at an aged care Home, interacting with residents and experiencing the working day of staff who directly support our residents.

Mary Possas from the Billings team said the experience was an eye opener.

"We always knew that staff were caring and dedicated, however, we were able to see it with our own eyes," she said.



We always work to delight our residents



Understand, solve and deliver



Do what we say we will do



Work together, achieve together

How to make a difference without leaving home



The newest member of Christadelphian Aged Care's Board grew up in South Africa and worked with some of the most vulnerable in the community.

When Carryn Oosthuizen was first asked to become part of the Board of Christadelphian Aged Care, her first reaction was "but I know nothing about business accounting!".

She soon discovered the Board already had plenty directors well versed in that area.

"They were really in search of someone with a different set of skills to add to the mix. Some female skills too," she said.

Carryn was born in South Africa and lived there until 2011 when the family decided to move to Australia.

"As beautiful a country as South Africa is, it has its issues and we wanted a safer environment and better educational options for our children," she said.

Carryn and her family were involved with various missionary projects in South Africa, and worked to provide community centres and support those who were most at risk, including AIDS orphans and the "goggos" (grannies) who care for them.

"We were able to show them Gods' love by reaching into their communities and helping them," she said.

Leaving their home was terribly sad and quite traumatic for them, and arriving in a new country was terrifying, yet exciting.

However, she discovered leaving South Africa didn't mean she would have to stop helping the most vulnerable in the community.

"In Australia, our elderly are an "at risk" group and through Christadelphian Aged Care we have the opportunity to touch their lives with God's love," Carryn said.

There are now nine directors on the Board, who are all volunteers, and are responsible for the governance of the organisation and make strategic decisions in compliance with legal and regulatory obligations.

Carryn comes from a strong background in behavioural research, and worked for Unilever in their marketing department.

She then went on to lecture in behavioural science and communications at college.

"I had always done a bit of counselling on the side so when we moved to Australia I opened up my own practice specialising in relationships," Carryn said.

After visiting a number of Homes and Villages, she is heartened by how the organisation cares for people from all walks of life, including those without money.

"We have residents who come to us from hospital sometimes with nothing more than the hospital gown they arrive in," Carryn said.

"I heard a story of one lady who, on arrival, quietly declined the cup of tea she was offered saying 'I am sorry but I have no money to pay for it'. That just breaks my heart."

"How wonderful that we can welcome them in to an environment that will keep them safe and care for them as long as they need," she said.

"In Australia, our elderly are an "at risk" group and through Christadelphian Aged Care we have the opportunity to touch their lives with God's love."

One of Christadelphian Aged Care's core strengths was its ability to provide emotional support to everyone in its care, through the Pastoral Care program and volunteer base, Carryn said.

Pastoral carers and volunteers spend time talking with residents, sharing their life stories, and walking with them in the resolution of their concerns.

This provided an opportunity for everyone to show God's love in practical ways, she said.

"How wonderful that we have volunteers who will go in to visit them, hold their hand and listen to their story."

"Surely this is what Jesus had in mind when he told us to love our neighbour," Carryn said.

Everyone in the community had the opportunity to use the organisation to affect real change, and bring joy and comfort into the lives of others, she said.

"I would love for our community to grab this opportunity to extend God's love to all these people in our Homes."



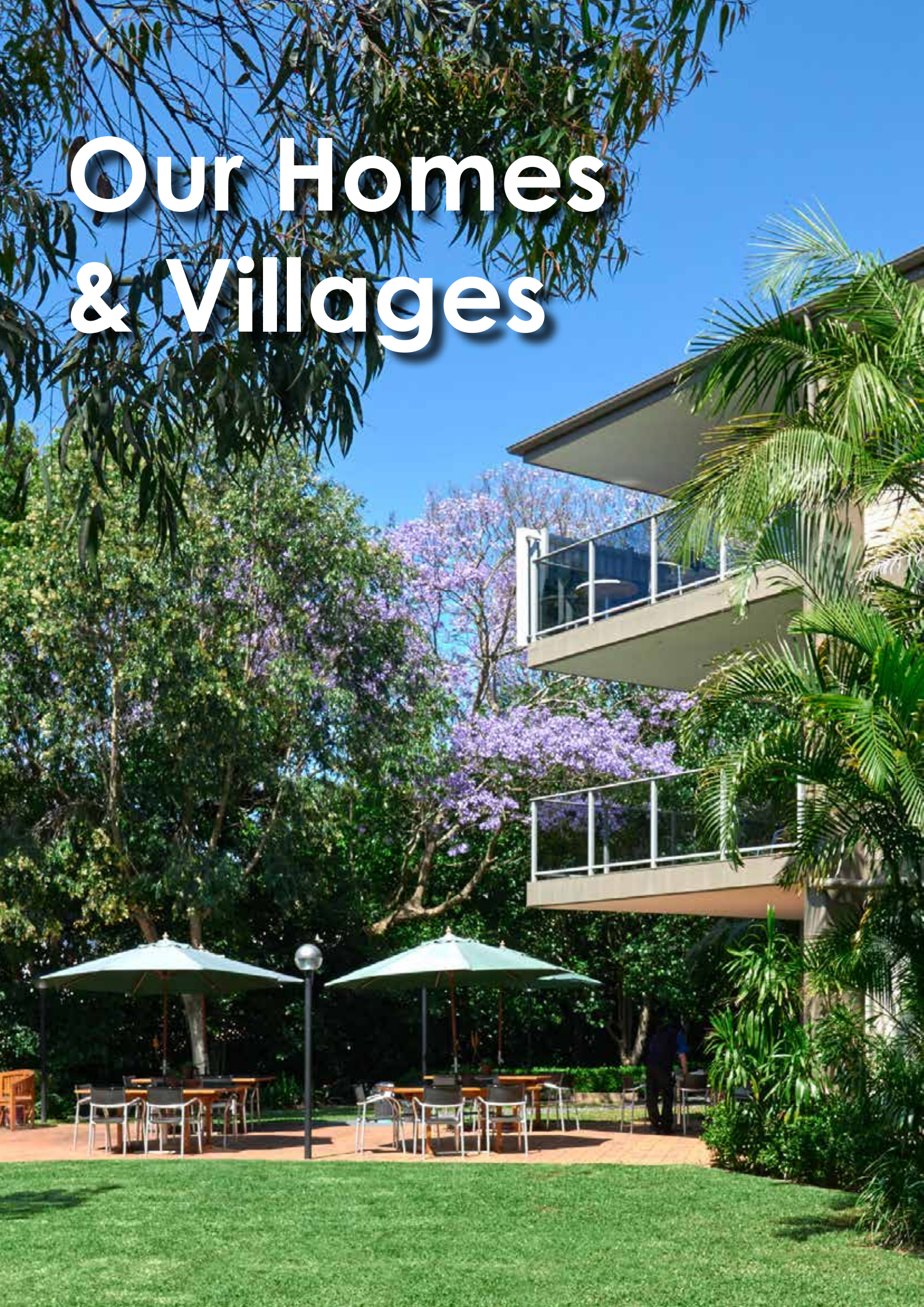
Christadelphian Aged Care's 70th anniversary

Christadelphian Aged Care celebrated its 70th anniversary with a gala event and launch of the #ContinueYourStory photography exhibition at Southhaven in Padstow Heights on August 25, 2017.





Our Homes & Villages





Independent living at its best

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.

Courtlands Village offers the highest levels of care and service with 24-hour onsite support.

Along with the 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.

Amenities

Courtlands Village facilities include lounge rooms, meeting rooms, a bar and barbecue area. There are also billiards and games rooms, arts and crafts rooms, a library and theatre. The Village also has its own chapel, hair salon and computer room with internet access.





Enjoy the golden years in Queensland

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 community is located in the northern Brisbane suburb of Kallangur and now features new and beautifully renovated units surrounded by gardens for those looking to retire in comfort among friends.

Our residents continue to pursue their passions and interests, whether it be travel,

quilting, snooker or weekly lunches in the Sunshine Cafe.

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

There are also barbecue facilities and outdoor areas to enjoy the sunshine with family and friends.

The care facility located within the Village offers peace of mind that support will always be close by.





Join a close-knit community

Westcourt Village is a small retirement community in Westmead that offers modern self-care accommodation with access to extra care services if required.

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

Amenities

There are a range of facilities for residents to enjoy in the nearby Courtlands Village, including a hair salon, gym, bar and recreation rooms. The Village bus is available to transport residents to Courtlands Village.

Westcourt residents have access to the full lifestyle program at Courtlands Village, including social activities.

Services

Residents of Westcourt can enjoy weekly shopping trips, luncheons and other day trips out of the Village. Other services such as cleaning can also be arranged upon request.





touch of care

Ashburn House is a modern aged care Home designed to create a living environment that not only encourages a healthy and active lifestyle, but one that feels like home. The Home is located in the Sydney northern suburb of Gladesville, close to Looking Glass Bay and Banjo Patterson Park.

Ashburn House incorporates the latest innovative design concepts and modern technologies to provide personalised care within a peaceful and secure environment.

Accommodation

Ashburn House offers private and companion rooms with ensuites to meet the various needs of those seeking assisted living. All rooms are stylishly furnished and fitted with modern inclusions. We also offer Extra Services packages for those seeking a premium aged care experience.

Amenities

The Home is surrounded by landscaped gardens and well-appointed courtyards, and there is plenty of space for residents to



stroll the grounds or enjoy a barbecue with family and friends.

We also have a cafe that services coffee, drinks and light lunches with inside and alfresco dining options.

Services

To complement the 24-hour nursing care at Ashburn House the entertainment and activities are designed to enhance the quality of life of all our residents and maximise their mental and physical well-being.

We understand that companionship is important to our residents and seek to offer activities that fulfill their social needs.



There's no place like home

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 our residents.

Meaning “My House”, Casa Mia is a place residents are comfortable to call their home.

Professional nursing staff are on duty 24 hours a day to care for our residents in a supportive environment and encourage them to take advantage of all facilities and services so they can enjoy their life to the full.

Amenities

Casa Mia opens out to an expansive lawn and garden with a covered entertainment area.

Residents and their families can take advantage of the barbecue facilities or enjoy the outdoors with their loved ones in a corner of the garden.



Services

Casa Mia has a busy social calendar run by the lifestyle team and our volunteers to encourage social interaction between residents and have fun.

Other services include:

- Regular bus outings
- Visiting hairdresser
- Entertainment and activity programs
- Multi-denominational church services
- Special events and celebrations



on the coast

Chamberlain Gardens Aged Care backs onto Niagara Park Reserve in a private and secure location in Wyoming on the Central Coast.

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

Amenities

This modern Home also features:

- Landscaped gardens and courtyards
- Well-appointed lounges and quiet areas with modern decor
- A well-stocked library
- Hair salon
- A chapel with multi-denominational services

Services

Our lifestyle team runs a busy social calendar to foster friendships and promote social inclusion.



Services include:

- Regular bus outings
- Diversional therapy, entertainment and activity programs
- Volunteer program
- Pastoral care services offering emotional and spiritual support to residents and their families.

“On arrival at this facility my wife and I felt instantly welcomed as well as well as being impressed by our surroundings. The staff were also friendly and the interactions with residents that we witnessed was comforting.”



Complete care in Sydney's west

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

The Home offers a number of different levels of 24-hour nursing care to cater for a range of needs.

Aged care residents can enjoy the amenities within the Village including a hair salon, recreation rooms, library and kiosk.

There is also a barbecue area and outdoor picnic tables covered by shade sails.

The extensive lifestyle programs for each section of the Home includes regular outings, lunches, bingo and other social activities.

Accommodation

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.





...with a heart

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 for residents within Maranatha Village. Professional nursing, lifestyle and therapy staff provide care services tailored to meet the needs of each individual resident with compassion and dignity.

Accommodation

Maranatha offers a range of living environments including single and double rooms with private ensuites. Many of the rooms have views of the beautiful gardens, and open out onto small courtyards.

Amenities

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 of room for residents and families to enjoy the outdoors.



Outdoor functions such as barbecues and birthday parties are regularly held in the screened rotundas, and the delicious aroma of freshly brewed coffee at the Sunflower Cafe draws a steady stream of residents and visitors to enjoy its light refreshments.

Services

Volunteers and pastoral carers provide companionship and help our lifestyle team with many of the activities, which contribute to Maranatha's friendly atmosphere.



Personal care and comfort

Northcourt Aged Care is located in North Parramatta and provides 24-hour care services for 35 residents.

The staff of Northcourt provides an excellent standard of care in a small, home-like and friendly environment.

Services

- 24-hour Registered Nurse on duty
- Rotating summer and winter menus
- Morning, afternoon tea and supper served each day
- Excellent individualised support and nursing care
- 24-hour assistance along with emotional and rehabilitation support
- Pastoral Carers who provide spiritual and emotional support
- Access to community facilities, outings, and social programs run by our lifestyle team
- Picturesque landscaped gardens



The residents of Northcourt also have access to the nearby Courtlands Village facilities, including a hair salon, library and recreation rooms.

There are newly renovated private and companion rooms to cater for the different needs of residents.



At Ridgeview, you can enjoy

the Illawarra

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.

Facilities

This modern Home also features:

- Single and double rooms with ensuites
- Landscaped gardens and delightful courtyards with barbecue facilities
- Well-appointed lounges and quiet areas
- Private function area
- Well-stocked library
- Internet cafe
- In-house resident laundry
- Hairdresser onsite
- Chapel with multi-denominational services
- Spa with massage services



Services

To complement the 24-hour nursing care at Ridgeview, the entertainment and activities are designed to enhance the quality of life of all of our residents and maximise their mental and physical well-being.

“Thank you so much for the excellent care you are giving to my mother-in-law. It's a comfort to know she is well looked after.”



Find peace in the bushland

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

This stunning natural setting creates a living environment residents feel comfortable to call their home.

Southhaven offers an extensive range of accommodation and care services to meet the various needs of those seeking assisted living.

Our new cafe provides a perfect place for residents and families to gather and spend some quality time together.

Communal areas are designed for indoor games and entertainment and the various lounges for residents to enjoy quiet times conversing with family and friends.

Services

Residents at Southhaven enjoy a busy calendar of events designed to promote an active and healthy lifestyle and encourage social interaction.



“The staff were absolutely wonderful - great care, consideration and dignity were given to Laurel and ourselves. Laurel adored the setting of Southhaven. She loved the bark on the trees, the tree leaves swaying in the breeze, together with the birds.”



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 taken out 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:

\$49.42*



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 (\$26,566.54), and over the lifetime of a resident (\$63,759.75)*.

**Correct to March 20, 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 5.70% (Oct 1- Dec 31, 2017)

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 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.



Native flowers are found in the gardens at Ashburn House in Gladesville.

Christadelphian Aged Care



1 Arab Rd, Padstow NSW 2211
Phone: (02) 9782 6080 Fax: (02) 9782 6081
Accommodation enquiries: 1800 246 637
E: admin@chomes.com.au

Ashburn House

20-34 Ashburn Place, Gladesville NSW 2111
Ph: (02) 8876 9200 Fax: (02) 8876 9210

Casa Mia

28 Alma Rd, Padstow NSW 2211
Ph: (02) 8707 6010 Fax: (02) 8707 6052

Chamberlain Gardens

53-67 Chamberlain Rd, Wyoming NSW 2250
Ph: (02) 4329 8000 Fax: (02) 4329 8001

Courtlands Village

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

Maranatha

1582 Anzac Ave, Kallangur QLD 4503
Ph: (07) 3482 5333 Fax: (07) 3886 3889

Northcourt

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

Ridgeview Aged Care

95 Daintree Drive, Albion Park NSW 2527
Ph: (02) 4235 7600 Fax: (02) 4235 7650

Southaven

11 Queensbury Rd, Padstow Heights NSW 2211
(Treetops) Ph: (02) 9782 6010 Fax: (02) 9782 6011
(Riverside) Ph: (02) 9782 6030 Fax: (02) 9782 6031

Westcourt

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



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