



All About You

TAILORED CARE FOR EVERY STAGE

Our Mission

Catholic Healthcare promotes life in all its fullness by providing health, aged and community services inspired by the Catholic tradition.

Catholic Healthcare was established in 1994 as an as an initiative by the Bishops of NSW and ACT at the request of six founding members; The Sisters of Charity, Sisters of St Joseph (NSW Province), St John of God Brothers, Little Company of Mary, St John of God Sisters and Sisters of Mercy (Singleton).

Since then, the journey of Catholic Healthcare has been a story of collaboration and commitment. The lived expression of our Mission ensures that our Values of compassion, respect, honesty, hospitality and excellence underpin the experiences of every resident, client, patient, employee and volunteer.

CONTENTS

| | |
|--------------------------|----|
| WHY CATHOLIC HEALTHCARE? | 4 |
| ALL ABOUT YOU | 5 |
| RETIREMENT LIVING | 6 |
| HOME CARE | 8 |
| RESIDENTIAL AGED CARE | 10 |
| HEALTHCARE | 12 |
| PASTORAL CARE | 13 |
| OUR LOCATIONS | 14 |



All About You

TAILORED CARE FOR EVERY STAGE

We understand your lifestyle and needs are unique and will change over time. That's why our person-centred care is tailored and flexible for every stage of life's journey.

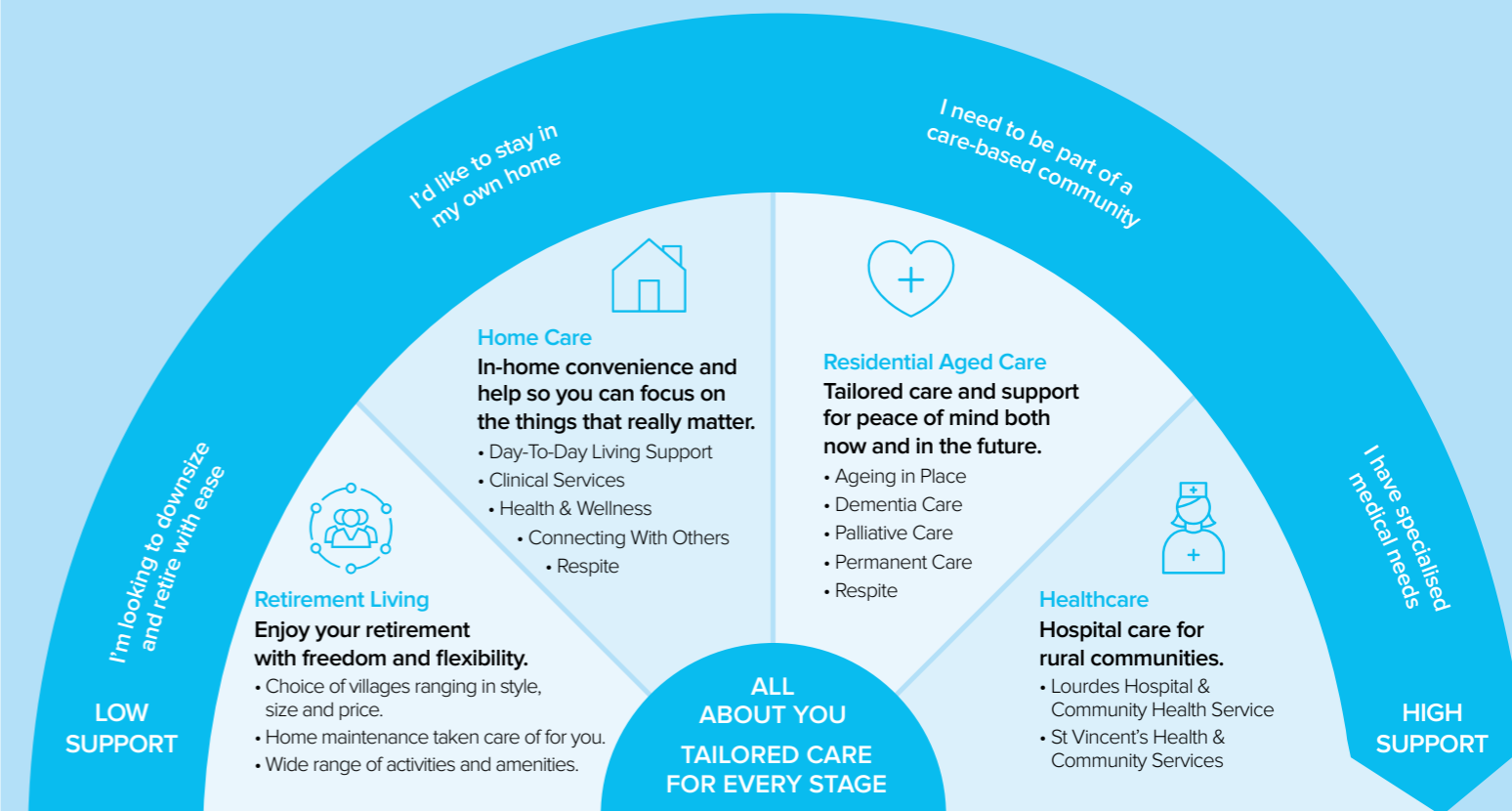
Our holistic approach ensures we will respond to your physical, emotional and spiritual needs.

Why Catholic Healthcare?

BECAUSE WE EXIST ONLY TO BENEFIT OUR CLIENTS

At Catholic Healthcare, we have been providing quality aged care for 25 years. We strive to enhance every moment of our clients' lives, guided by our values

of compassion, excellence, honesty, hospitality and respect to create our distinctive Catholic Healthcare experience. As a trusted not-for-profit provider, we exist only to benefit our clients, with proceeds reinvested into improving quality and access to care for Senior Australians.



Retirement Living

CELEBRATE RETIREMENT WITH FREEDOM AND FLEXIBILITY

Are you ready to enjoy every opportunity that retirement has to offer? Whether you're searching for tranquil moments, vibrant social gatherings or to simply downsize, now you can enjoy retirement, your way.

Our Villages

We have eight different villages across New South Wales, each ranging in style, size and price. Our Village Manager takes care of the day-to-day maintenance. With this peace of mind, you can focus on what's important.

Your Lifestyle

Each village offers a range of activities and amenities for you to discover. Enjoy regular BBQs and happy hours with friends, potter in the community gardens, stroll to the local shops or take up a new hobby.

Call us to book a tour of one of our villages!

“

I remember walking in here on that first night and thinking, oh my gosh this is all my dreams come true.

It was like walking into a private hotel or lovely resort.

If something happened to one or the other of us, we'll be quite safe. And we have lots of friends that we've made since we've moved in here. We've had a great social life since we've moved in...non-stop social life.

John and Judy, clients at The Brighton

”





Home Care

IN-HOME SERVICES AND SUPPORT SO YOU CAN FOCUS ON THE THINGS THAT REALLY MATTER

- **Day-To-Day Living Support** – Enjoy the convenience as we can help with everything from meal preparation, housekeeping and laundry to gardening, shopping, transport for getting out and about, pet care and more.
- **Clinical Services** – Let our experienced registered nurses and network of Allied Health Professionals provide healthcare services in the convenience of your own home.
- **Health & Wellness** – Give your health and wellness a boost with our range of activities and programs on offer including exercise to keep you strong, healthy eating and art and music, to explore new interests and more.

- **Connecting With Others** – Enjoy every moment with interesting people and friends as you try new things, reconnect with favourite hobbies, go on group outings and much more.
- **Pastoral & Spiritual Care** – Receive emotional, spiritual and mental health support from our team of Pastoral Care Practitioners, regardless of background or belief system.
- **Respite** – Rest in the comfort of knowing you are receiving the best care as your carer takes a short break or attends to personal matters.

Let us walk you through your options to see what is right for you.

Contact us on 1800 225 474.



Irena's Garden

SOMETHING MAGICAL IS HAPPENING IN THE GROUNDS OF A BIG OLD HOME IN WALLSEND, NEWCASTLE

Irena, with the help of her care workers, has transformed her garden into a paradise which includes succulents, frangipani, hydrangeas, mangoes, figs and more.

Focused on upcoming plans with her care workers, Irena says, "Soon, the girls and I are going to take up preserving fruit and vegetables. This year a lot of what we did was put in the freezer, or I gave the surplus to the girls."

This extraordinary achievement is even more impressive as Irena has to overcome some considerable health challenges to continue her passion for gardening.

Irena, Catholic Healthcare (Home Care client)



Residential Aged Care

TAILORED CARE AND SUPPORT FOR PEACE OF MIND BOTH NOW AND IN THE FUTURE

- **Ageing in Place** – Convenience and comfort as you remain in the same home as your needs change.
- **Dementia Care** – Keep minds active and receive the right support with our specialised homes, programs and tailored activities.
- **Pastoral & Spiritual Care** – Receive emotional, spiritual and mental health support from our team of Pastoral Care Practitioners, regardless of background or belief system.

- **Permanent Care** – Receive the best care possible as we collaborate with you and your family to create an individualised plan.
- **Respite** – Rest in the comfort of knowing you are receiving the best care as your carer takes a short break or attends to personal matters.
- **Palliative Care** – Our highly experienced clinical teams provide sensitive support and comfort to clients who may be in pain, distress or going through the stages of end of life.

That's why we take the time to get to know you, where you've come from, what you've done in life, who's important to you, and what makes you happy.



Newcastle Client Flies High

Norman may be 86-years-old, but this hasn't dampened his hunger for adrenaline as he embarked on his first hot air balloon ride over the Hunter Valley.

"We saw absolutely everything," he said, beaming. "It was like floating on a cloud."

Residing at Catholic Healthcare Charles O'Neill Hostel, Norm usually spends his days exercising with peers, painting and working closely with Recreational Activities Officer, Wendy.

Through Wendy's help, Norm created a bucket list – the first item of which he has now ticked off and has already begun plans for the next adventure.

"Next, I want to go on a jet boat that takes you on a tour around Sydney Harbour. I think it would be wonderful."

Norman, resident at Catholic Healthcare (Charles O'Neill Hostel)



WINNER 2018 Meaningful Ageing Australia Quality
Pastoral & Spiritual Care Practice Award

Pastoral & Spiritual Care

HEALTH FOR THE HEART, MIND AND SPIRIT

Safe, friendly, inclusive and free from judgement, our experienced team of Pastoral Care Practitioners and Volunteers can support you in the following ways:

- Responding to spiritual and religious needs
- Helping you find meaning in life's journey
- Helping you deal with feelings of hurt, disappointment or guilt
- Helping when experiencing grief and loss
- Helping through lonely times
- Providing a trusted confidante
- Providing a listening ear for caregivers
- Providing an opportunity for prayer and reflection when requested

Please Note: Services are dependent on availability in your local area.

We're here to help.
Call us today on 1800 225 474.

Our Locations

With Home Care, Retirement Living and Residential Aged Care across more than 40 locations throughout NSW, ACT and South East Queensland, we continue to grow our services, locations, amenities and areas of expertise to support you both now and into the future.



RESIDENTIAL AGED CARE

- | | |
|---|---|
| 1 VILLA MARIA CENTRE Eastern Heights | 21 HOLY SPIRIT DUBBO Dubbo |
| 2 VILLA MARIA CENTRE Fortitude Valley | 22 BETHLEHEM HOUSE Kogarah |
| 3 COOLAMON VILLA Mullumbimby | 23 BRIGIDINE HOUSE Randwick |
| 4 ST FRANCIS AGED CARE Grafton | 24 EMMAUS VILLAGE Kemps Creek |
| 5 ST AUGUSTINE'S AGED CARE Coffs Harbour | 25 GEORGE MOCKLER HOUSE Mona Vale |
| 6 ST JOSEPH'S AGED CARE Coffs Harbour | 26 GERTRUDE ABBOTT AGED CARE Surry Hills |
| 7 CHARLES O'NEILL HOSTEL Mayfield West | 27 HOLY SPIRIT AGED CARE Revesby |
| 8 ST JOHN'S VILLA New Lambton | 28 HOLY SPIRIT CROYDON Croydon |
| 9 OUR LADY OF LORETO GARDENS Hamlyn Terrace | 29 LEWISHAM NURSING HOME Lewisham |
| 10 BODINGTON Wentworth Falls | 30 LEWISHAM RETIREMENT HOSTEL Lewisham |
| 11 ST MARY'S Berkeley | 31 MCQUOIN PARK Wahroonga |
| 12 VILLA MARIA CENTRE Unanderra | 32 PERCY MILES VILLA Kirrawee |
| 13 MARANATHA LODGE Batehaven | 33 THE SISTER ANNE COURT Surry Hills |
| 14 BLAKENEY LODGE Tumut | 34 ST ANNE'S AGED CARE Hunters Hill |
| 15 THE HAVEN Wagga Wagga | 35 ST BEDE'S HOME South Hurstville |
| 16 MACQUARIE CARE CENTRE Bathurst | 36 ST JAMES VILLA Matraville |
| 17 ST CATHERINE'S Bathurst | 37 ST JOSEPH AGED CARE Hunters Hill |
| 18 JEMALONG RESIDENTIAL VILLAGE Forbes | 38 ST PAUL'S Northbridge |
| 19 ST FRANCIS AGED CARE Orange | 39 ST PETER'S Lane Cove North |
| 20 ST MARY'S VILLA Dubbo | 40 VINCENTIAN AGED CARE SERVICE East Sydney |

HOME CARE

You will find us in regional and metro areas across NSW and South East QLD. Only key locations are shown here, please enquire to find a service near you.

RETIREMENT LIVING

- 1 AQUINAS COURT
Springwood
- 2 BISHOP McCABE
RETIREMENT VILLAGE
Towradgi
- 3 ST MARY'S RETIREMENT LIVING
Berkeley
- 4 THE BAILLY
Orange
- 5 EMMAUS RETIREMENT VILLAGE
Kemps Creek
- 6 THE BRIGHTON
Croydon
- 7 ST PETER'S GREEN
Lane Cove North
- 8 CHARLES O'NEILL
Mona Vale
- 9 THE HAVEN
Wagga Wagga

HEALTHCARE

- 1 ST VINCENT'S HEALTH &
COMMUNITY SERVICES
Bathurst
- 2 LOURDES HOSPITAL &
COMMUNITY HEALTH
SERVICE
Dubbo

NEW DEVELOPMENTS

- 1 CAROLINE SPRINGS
- 2 MOUNT MARTHA
- 3 RICHMOND
- 4 KINCUMBER
- 5 MORPETH
- 6 BOWRAL
- 7 CASULA
- 8 BAULKHAM HILLS
- 9 MAROUBRA
- 10 BELROSE
- 11 JORDAN SPRINGS
- 12 MCQUOIN PARK
RETIREMENT LIVING

Visit catholichealthcare.com.au to find a service near you.



Contact us:

1800 225 474

catholichealthcare.com.au