

Uniting aged care services

# Supporting **you** at every stage.



**Uniting**

# Welcome to Uniting.

We're one of the oldest, largest and most trusted aged care providers in NSW and the ACT – so rest assured that you're in great hands with us.

Our extensive services for seniors are designed to make sure you receive the right support and care as you grow older.

## Why choose us?



### **We're for people, not for profit**

Our purpose is to inspire people, enliven communities and confront injustice. We value diversity and always welcome everyone, exactly as they are.



### **We're where you need us**

Throughout NSW and the ACT, our aged care services are found wherever you are, delivered by experienced people from your community.



### **We're committed to aged care reform**

We continue to lobby government, so that every older Australian receives the right care and support, at the right time, in the setting they choose.



### **We're co-locating our communities**

Locating our independent living villages alongside our residential aged care provides continued support – so you won't have to move, just because your needs change.



## It's all about you.

**Whether you're 65 or 105, Uniting is here for you as you grow older. Our aged care services can support your health and wellbeing right now, and adapt as your needs change.**

We get to know your requirements and preferences, to help us provide personalised support and services – from low care to more complex care management. Whatever your needs, we're here for you.

### **Our services include:**

- Retirement and independent living villages
- Seniors' gyms and healthy living programs
- Home and community care
- Respite and residential aged care



“Having a Home Care Package with Uniting means I can have all the services that are essential for me to live comfortably at home. I have domestic assistance and garden maintenance, as well as physio and mobility aids to minimise pain and improve my quality of life.”

Robert, Uniting home care client in Western Sydney

# Living your way, in your home.

**Depending on how you're managing around your home, you might appreciate a little or a lot of help to stay independent for as long as possible.**

Our Uniting home care services team takes the time to understand you, so we can carefully customise and adapt the support you receive in your own home, to meet your changing needs.

You may be eligible for government funding to subsidise your in-home care services, either through the Commonwealth Home Support Program (CHSP) or a Home Care Package (HCP). We're an approved provider for both, or you can choose to pay privately.

There are also government-funded options for people needing short-term or low-level care, including the Veterans' Home Care program run through the Department of Veterans' Affairs.

## How we support you to live your way



**Personal care**



**Nursing care**



**Help around your home**



**Transport and shopping**



Find out more at [uniting.org/home-care](https://uniting.org/home-care)

# Living longer and stronger.

**Uniting develops and delivers an innovative range of wellbeing programs to support older people. We believe that staying physically active and socially connected is the key to living longer and stronger.**

## Gyms just for seniors

Uniting gyms are ergonomically designed for older people, supporting both your physical health and your social wellbeing.

Our accredited exercise physiologists design personalised programs to encourage mobility and flexibility. They're specialists in helping to control weight, blood pressure, cholesterol and diabetes, and in strengthening bones and joints. They'll show you how to reduce your risk of heart disease, falls, and injuries, and help with pain management. And they're dedicated to ensuring you have fun while improving your fitness.

If you prefer to exercise in the comfort of your own home, you can join our online classes or we can organise an exercise physiologist to visit you.

- Government subsidies are available
- Flexible membership options
- Personal goal setting and progress monitoring

**It really is more than just a gym. You feel healthier and fitter, but also the staff become like your extended family and they're attuned to what's best for you. We love it.**

Sue and Barry, Uniting Seniors Gym clients



## Healthy Living for Seniors

Our Healthy Living for Seniors programs are a relaxed way to make friends, learn or rediscover skills and interests, and explore places in your community.

You can attend classes in your local area or online and, if you tell us what you enjoy doing, we can design a program with you.



**Learn or rediscover skills and hobbies**



**Join a group exercise class**



**Be inspired and entertained**



**Join a specific cultural group**



For more information on our gyms and wellbeing programs, go to [uniting.org/seniorhealth](https://uniting.org/seniorhealth)

## Find your perfect place.

**Uniting's retirement and independent living villages have homes to suit a range of lifestyles and budgets across NSW and the ACT.**

### More time for you

Let us handle more of the daily maintenance, so you'll have freedom and time for the things you love doing. As part of a Uniting village, you'll also have access to shared amenities, assisted living services, and health and wellbeing programs.

Many Uniting villages are co-located with our residential aged care homes – so you can stay within your community, even if your needs change.

### Uniting villages offer:



**Community connection**



**24-hour emergency call system**



**Flexible contracts**



**No stamp duty**



Find out more at [uniting.org/independent-living](https://uniting.org/independent-living)



## Taking a break.

**Our respite services give you the time to recharge and catch up on life, while we care for your loved one in a safe and welcoming environment.**

If you're a carer, taking time out for yourself is an important way to relieve stress and make sure you can keep being there for those you love. And the change of scene and pace is just as beneficial for the older people we care for. Whether you'd like a break for just a few hours, days, or weeks, Uniting has a range of flexible respite options, either in your home or ours.

“Receiving respite care at Uniting made me fully appreciate the commitment and dedication of all the aged care workers, who deliver services 24 hours a day in such a caring, person-centred way.”

Alice, Uniting respite client on the Central Coast



## Choose what works for you:



### **In-home respite care**

Our care workers can come to your home, giving you the opportunity to go out, or we can take your loved one out for coffee or shopping.



### **Respite groups**

Our respite groups run a range of social activities in our own centres or community spaces. We also offer memory support groups for people living with dementia.



### **Short-stay respite care cottages**

Our cottages offer overnight stays, day respite, and recreational activities in tranquil social settings. Glen Osmond House is in Sydney's Inner West, and Tabratong Cottage and Judy and Alan's Day Respite Centre are in Orange.



### **Residential respite care**

Our aged care homes offer respite care for two or more weeks. With a choice of urban and regional locations, you'll have the opportunity to experience our caring community, socialise with other residents, and participate in our wellbeing activities.



Find out more at [uniting.org/respite-care](https://uniting.org/respite-care)



“It feels like one big extended family here. The staff really listen to me, and they make my life easier and more pleasurable.”

Ruth, Uniting aged care resident in Nowra

## Feeling right at home.

Choosing an aged care home is a big decision for everyone, so we're here to help. We think of ourselves as part of your extended family, working together to create a loving, caring and supportive environment – so you can settle in easier and feel at home faster.

### Your lifestyle, your choice

Moving into a Uniting aged care home doesn't mean giving up what you love doing. Whatever you enjoy, we'll shape your leisure and wellness programs to make it happen. We take the time to understand your interests, daily pleasures, spiritual needs and more, so we can personalise your activities.

## Round-the-clock support

Our dedicated staff are here 24/7 to help you manage your health, medication and personal care. We offer specialist support for people living with cognitive impairment and dementia. You'll also have access to a range of allied health services, to ensure you're always cared for.

## Truly holistic care

We don't just look after your clinical needs. Instead, we provide "whole of person" care that supports you mentally, physically and spiritually. All our homes provide chaplaincy, pastoral care and religious services. We also provide compassionate and discreet end-of-life care. You don't have to identify as a person of faith to benefit from spiritual care. No matter what your faith, we'll provide you with the support you need.

## Live the way you want

We give you the choice, voice and control to make your own decisions about how you live. And we'll customise our care to suit you, no matter what your needs. Our approach to care is called **Household Living**, empowering you to live your day, your way, just as you would in your own home. This includes your involvement in choosing menus and having lots of healthy meal choices and social dining opportunities.



Find out more at [uniting.org/residential-aged-care](https://www.uniting.org/residential-aged-care)



## How to access aged care services.

Before you can access home care or respite services, or move into a residential aged care home, you'll need to register with a government service called My Aged Care and complete an ACAT assessment.

They'll ask you a few questions about the aged care services you would like to access. Then they'll arrange for someone to visit you in person and do an assessment before deciding whether you are eligible for government funding for your care.



Visit [myagedcare.gov.au](https://myagedcare.gov.au) to find out more.



## About Uniting

Uniting NSW.ACT contributes to the work of the Uniting Church in NSW and the ACT, through social justice advocacy, community services and spiritual care.

We provide services for people through all ages and stages of life, and drive solutions to systemic issues so people experiencing disadvantage can live their best lives.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone exactly as they are.

Disclaimer: The contents of this publication are correct at the time of production (December 2023). Information in this brochure, and the facilities described, may be altered by Uniting without notice if there is a change in circumstances.  
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