

Welcome to Bupa Edithvale





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Welcome to Bupa Edithvale. Our care home is located close by to one of Melbourne's great beaches and is a wonderful place to call home.

Indoors we have a delightful range of communal areas and activity rooms. We have a café corner and an alfresco dining room opening onto a pleasant patio area. Our library features quiet reading nooks and a cosy sitting room with open fireplace where you can relax.

If you love the great outdoors, then you'll feel comfortable at Bupa Edithvale. For those of you with green thumbs, you're invited to put your gardening skills to use in our beautiful landscaped garden complete with bird aviary. We also have shaded outdoor areas, where you can take a relaxing stroll or catch up with family and friends, both old and new.

Your care

Care, first and foremost

We believe that there's only one way to care, your way. That's why we take the time to get to know you, so we can tailor care to help support you in the way that you prefer.

We are proud to be able to provide respite care to the community, supporting you if you're looking for a short stay, help you get back on your feet, or while your home carer is away.

You can be confident that we'll be there for you when you need us with access to a registered nurse 24 hours a day. As well as CCTV security system and an easy-to-use nurse call system.

Your care team

We value the experience of passionate registered nurses and carers who are committed to providing the care you need, in the way you want. As well as our dedicated care team, you will have access to a general practitioner (GP), an optometrist, audiologist, a podiatrist, psychologist and dentist who all visit our home regularly. This adds another layer of care and extra peace of mind for you and your family.

Our role isn't just to care for you when you're sick but also to help you stay healthy. Our caring and attentive team can provide massages to help you relax, and physiotherapy and podiatry sessions to help you keep well.

Types of care

Residential care

At Bupa Edithvale, we offer a full range of care to help suit your needs. And if your needs change, we will continue to support you, by adapting the care we offer you. This helps to minimise disruption and provides peace of mind for you and your family.

Specialised dementia care

Knowing you as an individual is fundamental to Bupa's approach to care.

Our dedicated teams have completed 'Person-First' training, which is of particular benefit to our residents who are living with dementia. The 'Person-First' approach means your individuality is important to us and care is tailored to suit your personal needs and preferences.

Respite care

As a carer you may need a small break or have other commitments that take you away from your carer role for a short period. Or your loved one may need some time to recover after a hospital admission. Whatever the reason, we are happy to help with a range of options available for respite care.

Accommodation

At Bupa Edithvale, we can provide care to suit your needs at one of our three resident communities, each caring for around 40 people. We also have a specialist dementia community caring for up to 16 people.

Whether you prefer more privacy or the company of others, we have private and companion rooms that provide you with a comfortable place to call home. While our rooms have quality furnishings, we encourage you to bring in personal items you've collected throughout your life to help you feel at home.

Lifestyle

Your hobbies and interests

The move to an aged care home doesn't mean that you have to give up your passions, interests and hobbies. In fact, we offer so many different activities that you could even pick up new hobbies!



“I want to thank the staff of Bupa Edithvale including my Mum’s GP. They all contributed their great expertise and compassion and I know mum appreciated it.”

- Resident, Joan Ihlein’s daughter

Some activities that you will have the opportunity to get involved with are arts and crafts, card games, group games such as bingo, gardening, library service from Kingston, Ladies’ and Gentlemen’s Clubs, cooking classes, exercise classes like yoga, regular movie nights, pampering in our hair salon and celebrating special events like the Footy Grand Final and the Melbourne Cup.

When it comes to what you like to do, we will be guided by you. If there’s an activity you enjoy, our team of Activities Officers will try their best to make this available at Bupa Edithvale.

Fresh, nutritious meals

If you’re passionate about your food, then you’ll enjoy our freshly prepared seasonal menus, with a choice at every meal. We value your input into our menus, so you and

your family are invited to participate in regular surveys and taste tests.

Our in-home café is available to all and is the perfect place to host your visitors and invite them to join you for a complimentary meal.

We hold special themed days throughout the year which provide us with an opportunity to experience new foods and cultures.





Make yourself at home by decorating your room the way you want

Family connections

We know how important it is to keep in touch with family and friends, so they are warmly welcomed at any time. This gives you and your loved ones flexibility and peace of mind that they can pop by to visit you whenever they'd like.

Our resident-relative BBQs are a great way for us to get to know your family better, as are our resident-relative meetings. These meetings are also a good opportunity for you to let us know how things are going for you and your family.

Community connections

At Bupa Edithvale, we enjoy close links with the community and visitors bring many events to the home. We arrange regular outings into the local area, we frequently visit the beach, museums and local parks, or sometimes we simply drive along the scenic ocean roads. Children from the local school often visit our home, they love to put on performances and enjoy taking part in arts and crafts. You will also see volunteers of the four

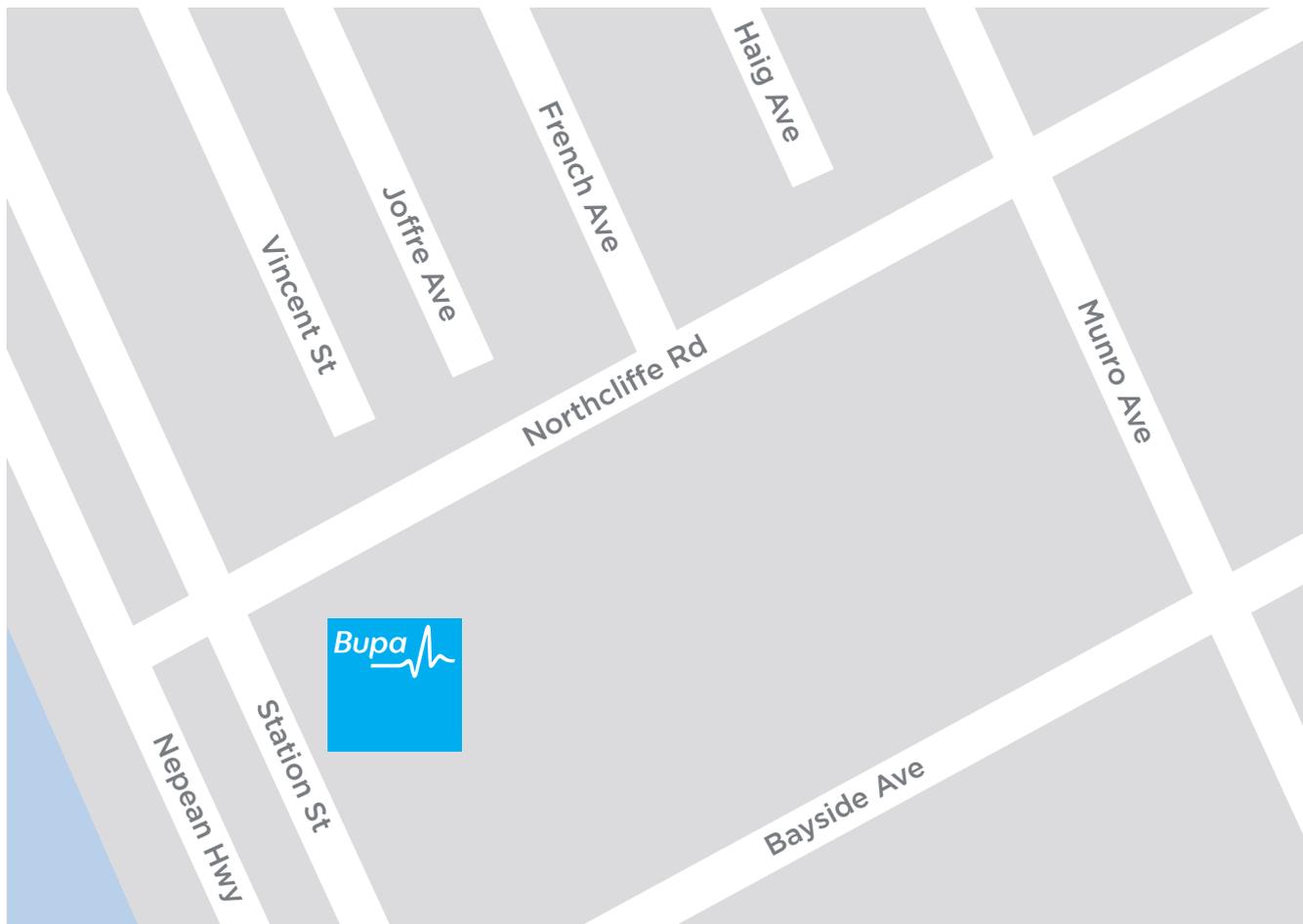
legged variety at Bupa Edithvale, with our team and volunteers bringing their furry friends in for regular visits.

To support your spiritual needs, we receive regular visits from a range of religious groups, who can help ensure that your beliefs are catered for.

Christmas time is particularly exciting and we embrace the festive season by bringing a joyous atmosphere to our home along with a traditional Christmas lunch. And because one isn't enough, you'll also be invited to Christmas in July!



Catch up with friends and family on warm weather days



Types of care

- Residential care
- Specialised dementia care
- Respite care

Your bedroom

- Private or shared ensuite
- High quality furnishings
- Adjustable bed
- 24 hour nurse call system
- TV and telephone connection point

Your home

- Landscaped gardens
- Cosy lounge room
- Alfresco dining
- Freshly prepared meals
- Café corner
- Library
- BBQ
- Hair salon

Please contact us if you would like to find out more about Bupa Edithvale, or to arrange a tour.



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