

# Residential Aged Care



**Calvary**

Capel Sands

Hospitality  
Healing  
Stewardship  
Respect

Continuing the Mission of the Sisters of the Little Company of Mary

# WELCOME TO CALVARY CAPEL SANDS

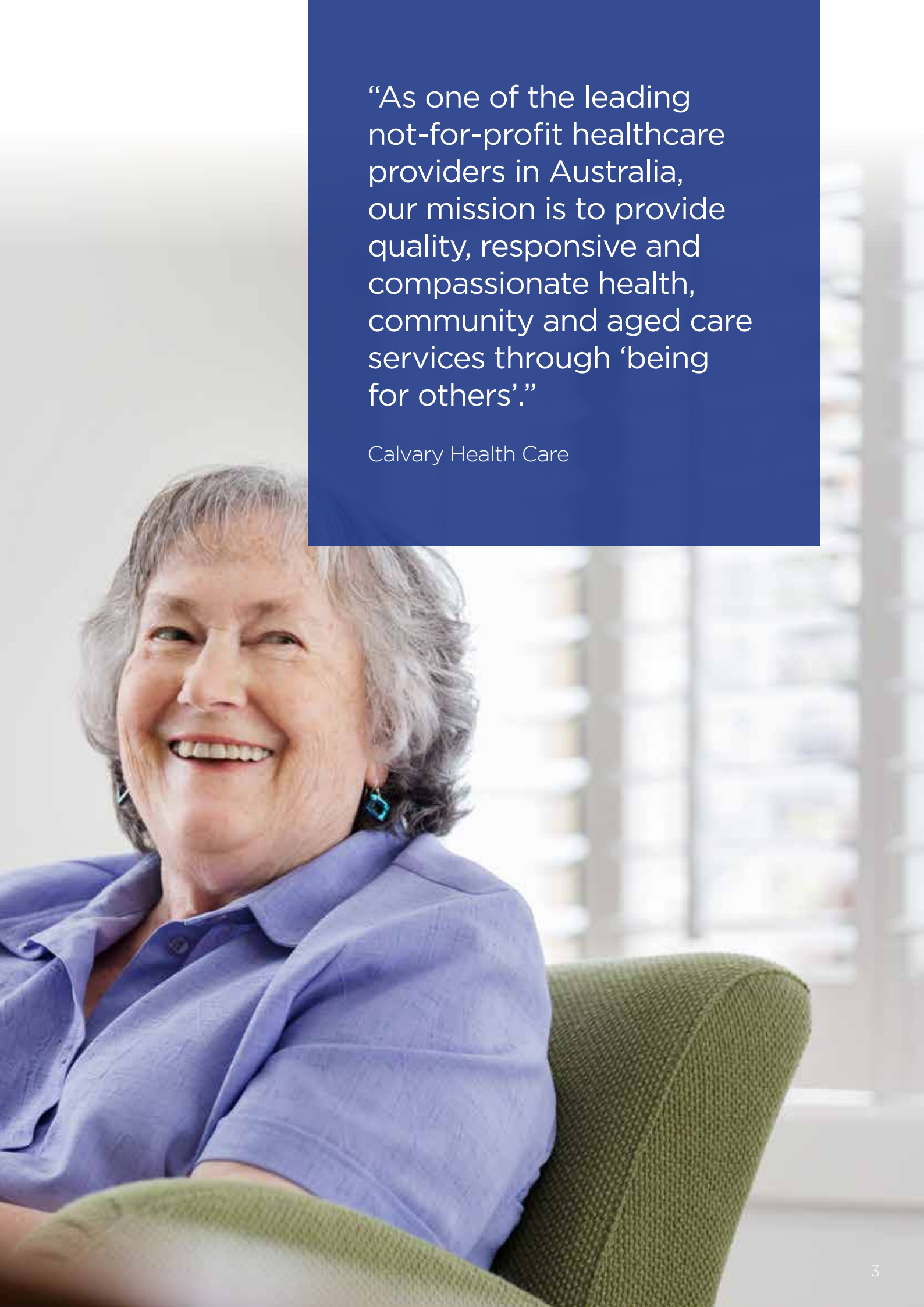
---

Capel Sands provides a perfect place to enjoy the tranquillity of a beachside location with a welcoming homelike experience and every modern convenience—all delivered to the high standard for which Calvary is renowned.

Whether enjoying walks along the nearby foreshore, heading into Rosebud or just relaxing in one of our four themed courtyards, Capel Sands is all about enjoying a friendly community and the best of care.

A range of private or shared rooms are available, all with ensuites. Along with our engaging lifestyle program, everything has been considered so you can enjoy a full quality of life.





“As one of the leading not-for-profit healthcare providers in Australia, our mission is to provide quality, responsive and compassionate health, community and aged care services through ‘being for others’.”

Calvary Health Care

# LIFESTYLE



## Community, Entertainment & Education

From bus trips and bingo to gardening and cooking sessions, there's always something happening at Calvary. Our lifestyle program offers a rich and rewarding range of activities designed for the wellbeing of everyone.

---

Watch your favourite film, enjoy a music performance and join in the fun of a singalong.

---

With gardens and courtyards, there are outdoor spaces and fresh air to enjoy at any time.

---

Keep your mind healthy and sharp with a range of board games, cards, quizzes, billiards and other social activities.

---

With local community visits, you'll stay connected to everything you already love about the neighbourhood.

---

Brush up on a skill or develop a new passion, with a range of activities on offer such as woodwork, dance, art and craft.

---

Enjoy the convenience of a haircut or manicure right at home.

---





# CARE



## Health, Wellbeing & Safety

With around the clock care, the health of your body and mind rests in the best of hands. At Calvary, we offer a level of care suited to each resident's needs, including a specialised area with highly experienced staff for those living with dementia.

---

Registered nurses onsite 24 hours a day, 7 days a week

---

Respite, day respite and permanent care available

---

Caring, committed and compassionate staff

---

Aromatherapy, speech therapy, physiotherapy and podiatry

---

Individualised support and therapy plans

---

Visits from your own doctor or specialist

---

Palliative care

---



### COVID safe

We have a Covid-19 Outbreak Management Strategy and are committed to keeping our residents and staff safe.

# FOOD



## Healthy, Hearty & Delicious

We serve a seasonal menu prepared fresh by our chef. Here's just a taste:



## Sample Menu

### BREAKFAST

Continental breakfast spread



Cereals and porridge



Fresh fruits with yoghurt

### LUNCH

Farmhouse beef hot pot



Cinnamon pears with custard

### DINNER

Hearty scotch broth



Roast chicken and vegetables



Queens pudding with cream

**STAY**

---







Our accommodation, along with a range of welcoming indoor and outdoor spaces, provides the ideal place to live, with all the benefits of 24-hour care.

## Cosy, Comfortable & Modern

---

Single and double rooms with ensembles

---

Relaxing lounges and sitting areas

---

Beautiful gardens and courtyards

---

Dining room

---



# STAFF



## Passionate, Professional & Dedicated

Our staff are at the centre of Calvary. We follow the principle that happy staff means happy residents and we are united by our common goal to deliver excellent care, every day.

We are proud that almost everyone who works at Capel Sands is a Calvary staff member, including our care, kitchen, maintenance and cleaning staff. This means we have all undergone the rigorous Calvary recruitment process and that we are being frequently trained and educated in our professions.

Home Manager with a nursing background

Qualified care staff, guided by our 135 year history in care

Stringent recruitment process

Continuous training and education

# LOCATION



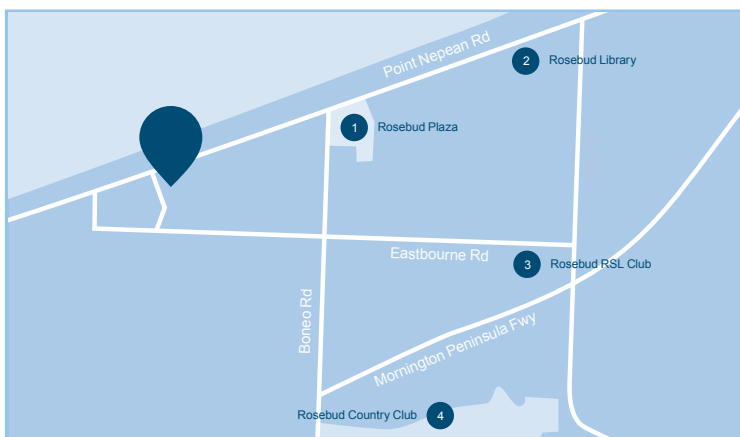
## Picturesque, Friendly & Accessible

Enjoy the best of the Mornington Peninsula.

At Capel Sands you're less than a 10-minute walk from the beach, with local shops and cafés also close by.

Our residents enjoy taking strolls together along the foreshore, or catching up with visiting friends and family over a cup of coffee in town or in one of our beautiful gardens.

At Calvary, we welcome visitors at any time. We also maintain close links with the surrounding community, with regular visits from guests and local groups.



**Capel Sands Foreshore**  
400 m, 6 min walk



**Rosebud Hospital**  
1 km, 3 min drive



**Village Glen Bowls Club**  
1 km, 3 min drive



## LIVING + JOURNEY

### Individual Care & Wellbeing

We ensure that you are cared for. At Calvary Capel Sands, you can enjoy the following aged care services:

#### Short-term Respite

---

Respite care is ideal for when family and friends need a short break from looking after their loved one, or when an elderly person has left hospital and is not quite ready to return home. Individuals generally stay for a minimum two weeks. Meals, laundry, cleaning and any clinical care required are all provided, and residents are encouraged to take part in the leisure and lifestyle activities available.

---

#### Residential Aged Care

---

Residential aged care is when an individual moves into one of our homes. They have the benefits of 24-hour care, beautiful and homely accommodation, meals and domestic services, and both social and mental stimulation through the leisure and lifestyle activities available. Care is tailored to the individual.

---

#### Rehabilitation Care

---

Rehab care is short-term, supporting older people following a hospital stay. The major goal of rehabilitation is for older people to achieve mobility and self-care with minimal assistance. Our on-site physiotherapist and care coordinator will work together with you to tailor a rehabilitation program that best suits you.

---



“At Calvary Assist, we will help you navigate the journey to the care that is most suitable, ranging from respite to residential aged care, dementia care or palliative care.”

Jess Suraci  
Calvary Assist Manager



## Trust, Support & Confidence

Calvary has a long history of supporting our residents as they take the journey into aged care - and we know there's a lot of questions.

That's why in 2019, we created the Calvary Assist team. Formed from our most passionate and caring team members who have a wealth of experience, our dedicated customer service team is here to assist you with every step of your journey. From enquiring about homes in your area to providing assistance and guidance in understanding the aged care journey, our Calvary Assist team is here to help.

Calvary Assist - 1800 52 72 72  
Monday to Friday, 9am-5pm

# ENQUIRE TODAY

---

To arrange a complimentary tour, please call us on **1800 52 72 72** or visit **[calvarycare.org.au](http://calvarycare.org.au)**



Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation.

Our mission is to provide quality, responsive and compassionate health, community and aged care services through 'being for others'.

With over 18,000 staff and volunteers, we have a national network of 14 Public and Private Hospitals, 72 Residential Aged Care and Retirement Villages and 19 Community Care service centres.



Calvary would like to thank all residents, family members and staff who helped to create this brochure.

Where images from this home are unavailable, photography from our other homes may be used.

---

Calvary Capel Sands  
8-16 Capel Avenue  
Capel Sound VIC 3940  
Call 03 5982 1811