





# Your new home at Golden Age.

There's nothing quite like the feeling of home. It's where you feel warmth, love, joy and peace. And that's exactly how you'll feel in your new home at Golden Age.

Here you won't just be moving into a home but a caring community with like-minded residents and supportive staff that will make you feel at home from day one.

# When you join us, you'll appreciate:

- Personalised, individual care
- A care team that truly cares
- A community of residents at a similar life stage
- Lovely, safe surroundings
- No hidden costs
- A range of activities to enjoy

## **Types of care**

A range of specialised care options are available.

#### We provide:

- · Residential aged care
- Respite care
- Palliative care
- Pastoral care

## Surrounding your home

Situated in Southport—the heart of the Gold Coast—Golden Age Aged Care has plenty to offer. Enjoy our beautiful gardens as well as nearby restaurants, parks, and shopping centres which are just minutes away. We also provide retirement housing onsite, allowing couples to stay together if one needs more care.

## Some of the features that make Golden Age Aged Care feel like home include:

- Beautiful courtyard gardens and outdoor sitting areas
- Delicious meals prepared onsite
- Onsite salon
- Comfortable lounge and dining spaces
- Social activities and group outings







#### Your room inclusions

You'll feel right at home and have plenty of space to personalise your room.

## Depending on your needs, rooms include:



Private ensuite



Reverse cycle air-conditioning and heating



Electric bed and bedside table



Wardrobe



Arm chair



Windows offering natural light



24/7 nurse care

# Lifestyle and activities program

With input from our residents, we've created a fun, inspiring program to encourage social connection and an active lifestyle.

Together, the residents and staff celebrate birthdays, special occasions, and cultural events.

#### Some activities include:

- Scenic day trips
- Fitness classes
- Arts and crafts
- Puzzles and quizzes
- Movies
- Cooking groups
- Carpet bowls
- Church services

If there are activities you'd like to try, our staff are always happy to help wherever possible.

### Positive wellbeing model of care

You can rest assured the care of every resident at Golden Age Aged Care is based on a holistic approach to bring hope and dignity to every day.

#### We base our care on five key principles:

#### > Inclusion

You'll experience a sense of belonging with us.

#### > Comfort

You'll feel physically, spiritually and emotionally comfortable.

#### > Purpose

Your day is busy, filled with a variety of activities.

#### > Connection

You'll be safe and secure in our community.

#### > Identity

You're known and valued for your individuality, your preferences and personality.

At Golden Age Aged Care, you'll find a warm and caring community to welcome you home.



## Golden Age Aged Care

Our homes are where we feel most content and as we get older that shouldn't have to change. When you make the move to care, even if it's just for a short time, we'll do everything we can to make sure you always feel at home. Our supportive caring staff are waiting to welcome you to our warm community.

New friends and quality care await you.

Golden Age Aged Care 60 Ridgeway Avenue, Southport Qld 4215

Let's start the conversation today. Call **07 5509 8555** or visit **cofc.com.au** 

