

Key Feature Statement

Goulburn Residential Aged Care Facility



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Overview

Southern Cross Care (NSW & ACT) is a welcoming organization providing services and accommodation within a caring Christian setting. We are committed to an ongoing focus on the quality of life and wellbeing of our residents. We are guided by our vision statement of assisting residents to **'live life to the full'**.



Our Goulburn Residential Aged Care Facility offers 30 single rooms including 12 special dementia specific rooms, all of which have private ensuite bathrooms. All residents have access to 24 hour emergency call systems and staff are on duty at all times to provide care and assistance. The facility offers an enhanced lifestyle for older persons in a relaxed community setting. We strive to maintain a homelike environment and uphold a strong focus on providing quality and meaningful care services by experienced and friendly staff.

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Accommodation

The Room

All rooms have a private ensuite bathroom and are well maintained with the walls repainted on the entry of a new resident. Room sizes are between 17.6 to 24 square meters (exclusive of the ensuite bathroom) and have an electric bed, large wardrobe, heater and a ceiling fan. Residents in the Tenison wing have kitchenettes and a door leading to the garden area where they can manage their own potted or planted garden. Residents in the dementia wing instead have access to a secure communal courtyard. All the rooms either have outlooks of the internal gardens, external gardens, or the street.

Common Areas

Our facility has an array of different common areas to enrich the daily lives of our residents. These areas provide places of tranquility and relaxation as well as places of stimulation and activity. Our aim is to offer variety to our residents' and harmonious spaces where they are able to relax alone or interact with each other, family members and our carers. Our Homelike dementia specific units have been designed specifically to support residents in a safe and secure space that promotes independence and allows opportunities for meaningful activities.

Our common areas are warm and homelike. Carpets and curtains add warmth to the rooms and the furniture is comfortable and classic in design. We are conveniently located within 1.5km from buses, trains, a shopping centre, the cinema, cafes and restaurants, hydrotherapy and the local doctor. Activities and recreation areas are furnished to suit the use of the rooms and provide a familiar environment with controlled stimuli.

Common Area	Size (m2)	Description
McKillop Lounge / Dining Room	80	<ul style="list-style-type: none"> • Dementia specific • Open plan for staff to observe and monitor residents <ul style="list-style-type: none"> • Natural light • Opens out to secure gardens • Shaded verandah • Homelike style • Regular activities • Great condition
Chapel	208	<ul style="list-style-type: none"> • Dedicated room for worship <ul style="list-style-type: none"> • Stain glass windows • Alter • Various religious artifacts • Room for solace and prayer from any denomination
Tenison Lounge Room	107	<ul style="list-style-type: none"> • Recently refurbished and extended • Beautiful stone display gas flame heater <ul style="list-style-type: none"> • New lounge furniture • Piano • Hoist lift
Coffee Shop / Activity Room	89.6	<ul style="list-style-type: none"> • New vinyl flooring • Large windows • Used for a variety of activities <ul style="list-style-type: none"> • Cooking • New kitchen • Modern fittings • Residents contributed to Rooms refurbishment • Natural light • high ceilings • Access to courtyard
Sitting Room	38.4	<ul style="list-style-type: none"> • Small room for reading <ul style="list-style-type: none"> • Card games • Visits from friends and family • Windows • Good condition
McKillop Sitting Area	24	<ul style="list-style-type: none"> • Quiet area • Reading • Visitor meetings • Tropical fish tank • Well maintained • Private porch with vegetable garden
BBQ Area	227	<ul style="list-style-type: none"> • New cane tables and chairs <ul style="list-style-type: none"> • New shade cloth • Brand new area • Suitable for all weather • Dedicated BBQ nook • Overlooks McKillop garden
Secure Courtyard	205.7	<ul style="list-style-type: none"> • Dementia secure garden area • Tables and chairs • Verandah off lounge area <ul style="list-style-type: none"> • Variety of pots and plants • Dedicated pathways through garden with mailbox and bus stop • Garden currently being upgraded to include sensory stimulation plants <ul style="list-style-type: none"> • Raised garden bed with strawberries and vegetables

Activities

Weekly Programs

- Walking group
- Theme days
- Singalongs
- Scrabble
- Music therapy
- Movie days
- Luncheons
- Individual programmes
- Exercise classes
- Entertainment
- Cultural Activities
- Spiritual Activities
- Concerts
- Card Games
- Bus Excursions
- Bingo/Housie
- Art & Craft
- Excursions to Bunnings and Op Shops
- Program with local school

Location and Transport

- Close to buses (200m)
- Close to trains (1.2km)
- Close to cafes and restaurants (1km)
- Close to shopping centre (1km)
- Close to hydrotherapy (1.2km)
- Close to cinema (1.2km)
- Close to doctors 1.2km

Services

Onsite Staff

- Facility Manager
- Deputy Manager
- Clinical Staff (Including RNs and ENs)
- Care Staff 24/7
- Leisure and Lifestyle Staff
- Physio Aid
- Catering Staff
- Hotel Services (Including Laundry & Cleaning)
- Maintenance
- Workplace Health and Safety / Quality Officer
- Pastoral Care

Scheduled Visits by Care Professionals

- Speech Pathologist / Therapist
- Podiatrist
- Psychologist
- Physiotherapist
- Palliative Care Team
- Hairdresser/Beauty
- Mobile X-Ray
- Dementia Consultant
- Mental Health Advisor
- Geriatrician
- Audiologist
- Continence Adviser
- Other Allied Health as Required

Religious Activities

- Special religious celebrations
- On-site Chapel
- Weekly On-site service

Contact

For more enquiries please

Call 1800 LIVING (548464)

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