



## Services

### LIVING PROGRAMS, LIFESTYLE AND FUN

At Prom Country House we strive to facilitate a resident focused community which provides a responsive and companionable environment. We value the fact that our residents have much to offer us, and customise our lifestyle and leisure plans to include different skill and awareness levels. Our programs include:

- Relaxation, Sleep and Pain Therapy Program
- Weekly Happy Hour
- Special afternoon teas
- Men's Shed program
- Musical entertainment
- Craft activities
- Bus trips
- Bingo
- HOY
- Garden club
- Special event celebrations including Mother's/Father's Day, Grand Final Day, Melbourne Cup Day, ANZAC Day and Christmas Day
- Pet therapy
- School and playgroup programs

### MEDICAL CONSULTING ROOM\*

At PCH we have a dedicated consulting room for our local doctors. As part of the Foster Health Precinct we have the benefit of being located within a short walk of the South Gippsland Hospital and the Foster Medical Centre enabling our residents to maintain their relationships with their preferred doctors.

### PHYSIOTHERAPIST

PCH shares a Physiotherapist with the South Gippsland Hospital and is assisted by our in-house Allied Health Assistant. All residents are individually assessed and specific programs established to meet individual needs.

### IN-HOUSE HAIR AND BEAUTY SERVICES\*

Our in-house Hairdresser is available once a week by appointment. Other services include podiatry, massage and beauty therapy.



\*some additional fees may apply

Prom Country Aged Care  
9 O'Connell Road, Foster Victoria 3960  
T: 03 5682 0800  
E: [info@promcountryagedcare.com.au](mailto:info@promcountryagedcare.com.au)  
RACS 3128



enhancing the human spirit





Located just a couple of hours south east of Melbourne in Foster, Prom Country House is surrounded by the beautiful green rolling hills of South Gippsland, and is just a short drive away from the pristine beaches of Sandy Point, Waratah Bay and Wilsons Promontory National Park.

Our new 60-bed ageing in place home is modern and well equipped with state of the art facilities providing our residents with a superior living environment.

## About us

Prom Country Aged Care (PCAC) is a community based residential aged care service established in 1985 to meet the needs of people in the Prom Coast district of South Gippsland. PCAC provides ageing in place residential services as well as short-term respite according to a philosophy of person directed care. Our staff continually strive to create the right home environment for each resident. Care plans and daily routines are individualised, providing our residents with maximum choice and decision making regarding their care and lifestyle.

We strive to facilitate a resident focused community which provides a responsive and companionable environment. We continue to work towards the development of a 'human habitat', helping staff and residents build meaningful relationships, and creating an invigorating, stimulating and fulfilling environment. Planned activities and entertainment form a large part of our programs, and our creative activities teams customise their lifestyle and leisure plans to include different skill and awareness levels.

PCAC's philosophy is based on the Eden Alternative which is a way of being. We are nourishing a community of individuals by creating close, continuing relationships and experiences of giving and receiving. Our home remains embedded within the local community creating an opportunity for welcoming the contribution of children, animals and those who wish to engage. We embrace the spontaneity and variety of life.

## Our facilities

Prom Country House (PCH) is a new, architecturally designed single storey ageing in place facility comprising three, 20-bed modules separated by large courtyards. Special shared lifestyle features include a Cinema/Family Dining Room, Reflection/Library Room, Café, Men's Shed, Doctor's Consulting Room and a Hairdresser. In addition to these areas shared by the whole building, each wing has its own dining room, lounge room and sitting room, as well as an internal courtyard with a glassed sitting area facing it.

Highlights include:

- Well-appointed private rooms with ensuite
- Courtyard or garden views
- 24 hour nursing care
- Dementia care with state-of-the-art security systems
- Full restaurant meal service including room service
- In-house commercial laundry
- Private dining room for birthdays and special functions
- Extensive range of services and activities

An exemplary partner  
in our community that  
embraces life and health.