

**“I choose quality  
residential care.”**



**GOODWIN**  
THE BETTER LIFE CHOICE



“Our family felt supported and valued immediately from our introductory meeting and we are not sure how we would have managed without their excellent services.”

— Gill, family member of a Goodwin resident.

## Making life easier.

**Goodwin has been providing quality care to older Australians since 1954.**

Our care programs provide high quality support in a home-like atmosphere, where friends and relatives are welcome to visit. Our nursing and care staff are available 24 hours each day and look after all daily needs. Activity staff are specially trained and understand the importance of inclusiveness, while always being sensitive to the needs of each individual.

Goodwin has fully accredited aged care facilities conveniently located in North Canberra (Ainslie), Woden (Farrer) and Tuggeranong (Monash). All are easily reached by public transport and have parking for family and friends. Rooms are private and include ensuite bathrooms. Both permanent and respite services are available at Goodwin.

### Accessible to all

40% of beds across our villages are reserved for those deemed by the Government to be low-means.

### Care plans through family conference

We will work with you to develop an individual care plan, to ensure the most appropriate care. Your care plan can include any spiritual and cultural preferences. We encourage families to have input by helping us get to know your interests, passions, the people who mean most to you, and the little things the way you like them.

Goodwin is committed to ensuring that your family remains involved in your ongoing care, through family conference meetings.

# Familiar places, familiar faces.

## Ageing in place

The older we get, the more reassuring it can be to stay in familiar surroundings. Goodwin's 'ageing in place' approach to the delivery of services means our residents can comfortably stay with us for as long as they want. This means that dedicated high-care and dementia services are available as needs change (some services are subject to vacancies).

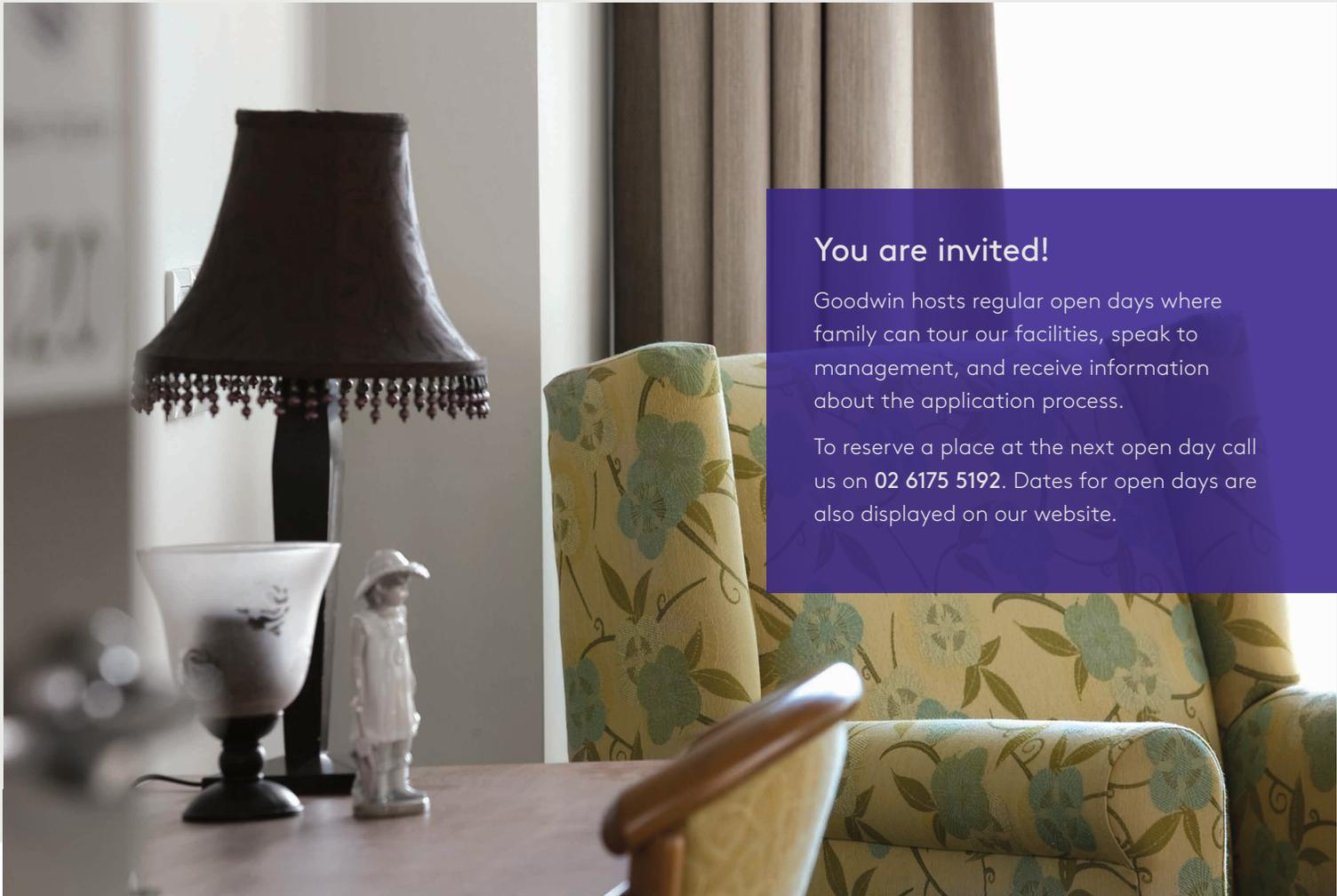
Our staff are trained to provide care and assistance to residents with both low and high care needs. Ageing in Place allows people to maintain social networks within their communities and continue to receive care and assistance from carers who are familiar with them and know their individual needs.

## On-Site Services

All our residential facilities are visited regularly by doctors, physiotherapists and other allied health professionals.

We have an arrangement with a geriatrician, and have an on-site Aged Care Specialist Nurse Practitioner. We can also offer transport to medical appointments on staff.

Dieticians review our menus, which include an excellent array of home-style meals by our chefs. On-site facilities include a kiosk, library, internet cafe and hairdresser. We also have in-house organised activities. Our Activities Officer will consult with you on admission, to understand your preferences.



## You are invited!

Goodwin hosts regular open days where family can tour our facilities, speak to management, and receive information about the application process.

To reserve a place at the next open day call us on **02 6175 5192**. Dates for open days are also displayed on our website.

## Goodwin House, Ainslie

Goodwin House offers a range of care services including low and high care, 'ageing in place', dementia and respite care. In this superb, architect-designed building we have combined respect for residents' privacy with opportunities to socialise.

The impressive foyer serves as a relaxing lounge and activity hub. Tastefully furnished pocket lounges are located on each level for residents to use for quiet or personal time, and there is a wellness centre to help maintain health and fitness.



Goodwin House, Ainslie

Living here is extremely comfortable, as Goodwin House incorporates large sun-filled dining areas, a hairdresser and beauty therapist, theatre, kiosk, internet cafe, and pleasant gardens with a BBQ area.

## George Sautelle House, Farrer

George Sautelle House offers 'ageing in place' services for residents who enter with a low-care level and wish to remain in the same place as care needs increase over time. Respite care is also available.

George Sautelle House will undergo an exciting redevelopment from 2016, balancing the current home-like atmosphere centred on comfortable sitting areas, feature gardens and courtyards, with

new and improved facilities and increased capacity to assist more local residents to stay within their community as their needs change with age. Residents will continue to enjoy private, ensuite rooms, a variety of organised activities, onsite hairdresser and allied health, quality dining areas and a range of vibrant lifestyle features. The new facility will include a dedicated Memory Support wing for people living with dementia.



George Sautelle House, Farrer



David Harper House, Monash

## David Harper House, Monash

David Harper House brings quality, innovation and peace of mind to families and residents on Canberra's south side. Boasting advanced technology systems and purpose-built structures, David Harper House reflects the needs and wants of Australia's ageing population.

This two storey facility features rooms with private ensuites, dining areas on each floor, environmentally sustainable design elements, a full-time activity coordinator, allied health specialist rooms, an internet cafe and a sunny waterfront balcony.

David Harper House is a key element of the village development that won ACT Development of the Year and Best Retirement Living Development of the Year at Property Council of Australia Awards in 2015.

## Ralph Cartwright Centre, Monash

Ralph Cartwright Centre is surrounded by courtyards and gardens for residents to enjoy in safety and comfort. This cottage-style home provides low, high and dementia-specific care services to allow residents to stay at Goodwin as long as possible.

Refurbished in 2015, Ralph Cartwright Centre offers residents access to a large activity centre, a small private dining room, BBQ facilities and an on-site hairdresser. At Monash, as in all our aged care facilities, we invest in the latest equipment and training methods to enable our staff to provide high quality care.



Ralph Cartwright Centre, Monash

# A reputation for quality care.

Goodwin is synonymous with high quality aged care in Canberra. We have a highly professional workforce. This includes Registered Nurses, Endorsed Enrolled Nurses, governance staff, a quality review team, care staff with formal certificate qualifications and care staff undergoing extensive and relevant training.

At Goodwin, we focus on staff training, ensuring that the standard of care provided is second to none. In addition to our emphasis on clinical excellence, we also ensure that our workforce is appropriately trained in occupational health and safety, cultural diversity and personal care procedures.

## Options at Goodwin

In addition to residential care facilities, Goodwin Aged Care has independent living villages and also offers in-home care services.

Our Independent Living Units in Ainslie, Monash, Farrer and Crace include townhouses and apartments – even luxury penthouses. Ideal for those who remain active and independent, they offer lifestyle services and facilities such as gym, cafe, bar and clubhouse.

In-home care services are available to those who prefer to remain in their own home, including those in Goodwin's Independent Living Units. Assistance can include personal care, domestic services such as light housework, social support, and transport services.

## Dementia care

There are dedicated dementia services at Ainslie, Monash and the redeveloped Farrer facility, Goodwin has implemented the Montessori Method for dementia—an innovative approach to care that can be embraced as a philosophy of care and quality of life for all people living with dementia, regardless of the level of cognitive impairment.

## Respite care

Caring for a relative or loved one is rewarding, but there are times when carers have other commitments or simply need a break. Goodwin offers respite care services that allow people living in the community to enter our aged care facilities for a short period of time. Emergency respite can sometimes be provided.





## A philosophy of caring.

Goodwin's philosophy and primary focus is the provision of quality residential care. The Goodwin philosophy and focus starts with an assessment of the housing needs of retired people to detailed planning, construction and management of retirement villages, through to the design and operation of residential care facilities.

Goodwin has provided quality aged care for over 60 years and continues to provide innovation in the delivery of retirement living and care. Goodwin staff are dedicated to providing quality care and services that promote independence. Goodwin fosters a supportive holistic environment which treats residents with dignity and respect.

35 Bonney St  
Ainslie

22 Marshall St  
Farrer

27 Cockcroft Ave  
Monash

15 Cockcroft Ave  
Monash

Call **02 6175 5192** · Email [admissions@goodwin.org.au](mailto:admissions@goodwin.org.au)  
Goodwin Aged Care Services Limited. 22 Marshall Street, Farrer ACT 2607.

**GOODWIN.ORG.AU**



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