



Lifestyle & Wellness | Home Care | Residential Care

 **Bene**
Aged Care

*The essence of Bene is the joy of sharing:
sharing love, sharing music, sharing food,
sharing care, sharing the best of life,
regardless of where you're from.*



Welcome

Bene celebrates an uncomplicated way of life that recognises the lifestyle and care requirements of every individual.

Our philosophy is built upon the worldly values of honesty, respect, integrity, family, trust and time. Whether you need the security of regular care, you're looking for a little assistance, or you want to take on more active pursuits, you'll discover a warm and friendly lifestyle like no other with Bene.

With over 40 years of experience, you'll find instilled in Bene a transparent and collaborative care philosophy that delivers dignity and peace of mind.

We invite you to join us for a long coffee break and a welcoming talk about your opportunities to enjoy life on your terms.

**Bene Aged Care,
over 40 years experience.**



What is Bene Aged Care?

When we talk about aged care, we are talking about one person.

You.

True aged care is about listening to what each and every person wants and then doing our best to fulfil them. That way, everyone can live their lives to the fullest.

Essentially, it gives you plenty of choices.

The starting point is how and where you live. You can choose to stay in the home you're in and we bring care and services to you. Or, perhaps enjoying life with new friends in one of our residential communities appeals to you more.

Maybe it's a bit of both where you can visit and join in the social and healthy living activities at one of our community centres.

It's all about you.

That's what we've learned over our 40 plus years helping more than 2,500 older South Australians, which makes us the state's largest, multicultural aged care provider. It's the cornerstone of what we teach our 600 staff and volunteers.

Oh, there's one more important point. Bene Aged Care is a community organisation and not-for-profit so, you will always come first.





How Can We Help You or Your Family?

Our caring and knowledgeable staff will be happy to help with any questions you may have and tailor a solution that's right for you. Just call us on **08 8131 2000** or send us an enquiry via the Get in Touch page at [bene.org.au](https://www.bene.org.au)

We offer a range of lifestyle and wellness programs and home care services to enhance independent living while at home and provide respite for carers.

With changing needs, it's also reassuring to know that our residential care homes offer a nurturing and positive environment where individual needs are met by specialist care and lifestyle programs.



Lifestyle & Wellness

Living a more active lifestyle

As we always say at Bene, growing older shouldn't mean we stop growing - as individuals or as part of our community. Our range of lifestyle and wellness services provide all kinds of opportunities so you can continue to enjoy the things you love to do, or discover new experiences, places and people, as part of a more active lifestyle.

Every individual, every interest

Choose from any of our health and fitness programs in our welcoming Lifestyle and Wellness Centres including physiotherapy, massage and personal training. You'll be using world-leading HUR equipment specially developed for senior fitness and rehabilitation.

Or join in our social activities designed to get you mixing and meeting new people in a friendly and inclusive environment. Share a few laughs over lunch, a friendly game of bingo, or take a day trip and get out and about in the community.

What's more, you'll enjoy the flexibility of choosing any or all of these services, as you need them.

Lifestyle & Wellness Services

- Day trips
- Social dining
- Bingo, cards and games
- Arts and crafts
- Music, song and dance
- Cultural games and activities
- Special celebrations
- Exercise classes
- Personal training
- Senior fitness gym
- Physiotherapy
- Occupational therapy
- Podiatry
- Massage therapy
- Rehabilitation
- Transport

Bene Lifestyle & Wellness Centres

Bene's wide range of lifestyle support services and our holistic approach to wellness are all designed to foster growth and ongoing independence. Through our centres, Bene can work with you to help you achieve your personal goals, making sure your expectations and values have been given proper consideration.

Bene Padre Pio

Enjoy state-of-the-art gym equipment designed for senior fitness and a quality kitchen, serving up delicious food and freshly brewed coffee.

Bene Italian Village

Soak up picturesque views of the Adelaide hills, surrounded by seasonal, leafy tree-scapes. Bene's Italian Village is a relaxed retreat with social activities, new friends and new interests.

How to Access Bene Aged Care Services

Unsure where to start? Just call us on **08 8131 2000** or send us an enquiry via the Get in Touch page at **bene.org.au**

Our customer service team will provide one-on-one consultation specific to your needs to help you understand the options available to you. We can even facilitate the necessary steps to access the services you require on your behalf.





All the care you need, at home

Homes are often at the heart of our lives, holding a lifetime of special memories and experiences. At Bene, we like to think our clients are at the heart of all that we do, too. We not only appreciate your goals, we make them our own, so you can enjoy your life to the fullest. That's why our Home Care support service is so important.

Whether you need a little extra help around your home, or after a stay in hospital – you can rely on Bene Casa Home Care to provide daily or weekly services that support you, living independently, in your own home.

A new lease on life

Home life is just the start. Imagine a personal, concierge-style service that eases daily burdens and brings you the joy of getting out and about with friends, family and your community.

With Bene, a little help can go a very long way.

Perhaps you need a little personal shopping assistance, some help with the cleaning and laundry, or transport to appointments and social outings. We also have specialised nursing support, senior fitness, and lifestyle and

wellness programs to suit all kinds of needs, including for the chronically ill.

What's more, our tailored care and support services are designed with those from culturally diverse backgrounds in mind. It's like help from family or friends who know just when and how to make living at home a bit easier and safer, so you'll be free to pursue your interests and discover more time to enjoy life.

Planning your support, setting your goals

With Bene Casa, you have a choice of how, when and what services you wish to receive to maintain your goals and lifestyle choices.

As a Bene Casa client, you will have access to your own personal case manager who will approach any concerns you may have with care and sensitivity and design with you an on-going program of health and lifestyle goals and support services that's just right for you.

All the services you need

Home and Garden

- Cleaning
- Spring cleaning
- Bed-making and linen changing
- Laundry and ironing
- Cooking
- Grocery shopping
- Bill payment
- Home maintenance
- Garden maintenance

Lifestyle and Wellness

- Staying social at home
- Staying social out and about
- Group and one-on-one social activities
- Support to maintain hobbies and interests
- Personal transport and chaperone
- Personal shopping assistance
- Allied health services
- Personal trainer
- Specialist gym for senior fitness
- Pet care support

Personal Support

- Dressing and undressing
- Bathing and showering
- Grooming
- Personal hygiene
- Assistance with eating
- Medication management
- Wound care
- Pain management
- Toileting
- Continence management
- Chronic disease management
- Diabetes care support
- Dementia care support
- Palliative care support
- Overnight care
- 24-hour access to emergency assistance
- Assistive technology
- Aids and equipment
- Home modifications

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Residential Care

Living life to the fullest

Enjoying life is one of the rewards of maintaining your individuality and independence. What's more, every one of life's moments is a celebration of culture, values, spirituality and community. This embodies the Bene spirit across each of our residential care homes.

With over 40 years of experience providing care, we also understand that the choice and quality of lifestyle options, activities and support services not only create these delightful experiences. They're paramount to your mental, social and physical wellbeing.

From the day you join one of Bene's Residential Care communities, you'll enjoy a variety of opportunities for leisure, creative pursuits and healthy living. Balanced with social outings designed to keep you connected with the community.

From bingo, singing, arts and cultural celebrations to cooking, gardening and day trips, Bene offers plenty of enjoyable options. Plus, hairdressing, massage and physiotherapy as well as gentle exercise classes and programs for those living with dementia to keep you looking and feeling your best.

Naturally, there's a strong food culture too, with delicious, nutritionally-balanced meals prepared fresh in Bene's onsite kitchens. Not to mention private dining options to be enjoyed with friends and family.

Making yourself at home

In each of our residential care homes, you'll find relaxing communal living and activity areas to gather with others, socialise or enjoy time with family and friends.

If a quiet retreat is more your style, your room is your private sanctuary to relax and retire to your own favourite pastimes, take visitors or enjoy in-room dining. A choice of single or double suites also offers comfortable living for couples.

For those wishing to come together in prayer, the tranquil multi-faith chapel at Bene Campbelltown and Bene Italian Village offers weekly Mass for residents and loved ones or time for quiet reflection.

Care tailored to you

And, to complete the picture, the peace of mind, knowing you'll have a 24/7 onsite nursing team, and a range of multidisciplinary healthcare professionals to provide an array of care options. From low care to high dependency care and palliative support to specialist dementia care in safe and secure memory support environments.

You'll experience the transparent and collaborative care philosophy that underpins our quality care. Taking a holistic approach to wellness, our highly skilled staff will work with you on an on-going basis to tailor a personalised program of clinical care and lifestyle and wellness support services so that you can enjoy life to the fullest.

We also have particular expertise in meeting the care needs of those from diverse cultural backgrounds and spiritual beliefs.

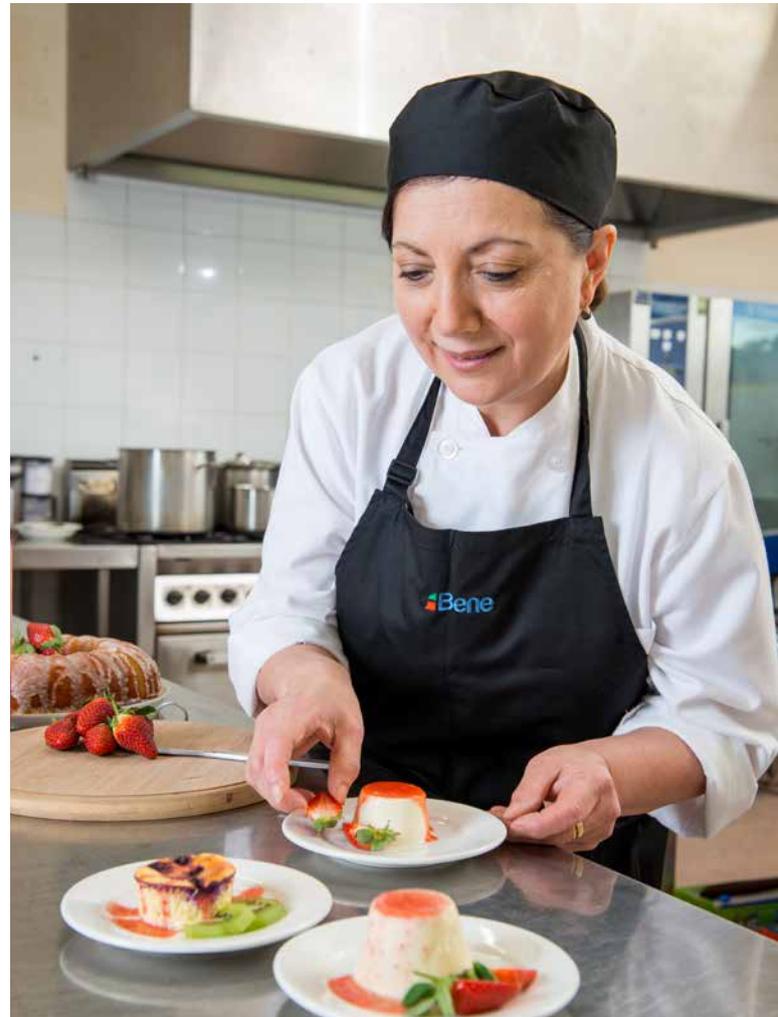
Through it all, Bene is nurturing an inclusive community of friendly staff, compassionate volunteers and warmly welcomed family and friends.

Bene's services bring seniors' living to life

Some of the amenities and services you can enjoy at Bene include:

- Single and double suite accommodation
- Personalised care planning
- 24/7 onsite nursing team
- Access to GP services
- Allied health services
- Specialised dementia and palliative care
- Respite care
- Diverse lifestyle and leisure program
- Social outings and day trips
- Men's group
- Intergenerational playgroup
- RaiTV
- Delicious fresh meals, prepared onsite
- Communal, private and in-room dining options
- Barbecue facilities
- Hairdressing and beauty services
- Multi-faith chapel
- Convivial communal living and activity areas
- Quiet sitting nooks
- Pleasant outdoor areas
- Flexible visiting hours
- Close proximity to public transport, local amenities, hospitals and other health services

If you would like to know more about our lifestyle and leisure programs, please enquire with our friendly customer service team who will be happy to provide you with program information, specific to each of our Bene homes.



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Respite Care

Bene offers short-term, residential respite care for either planned or emergency stays, within any of our residential care homes. Our respite residents enjoy all the benefits of residential care including 24/7 clinical care, access to allied health services, assistance with daily living, a range of lifestyle and wellness activities, plus delicious, freshly cooked meals.

Let our highly skilled and friendly staff provide quality care during times of recuperation and transition, or simply to take a restorative break from the demands of daily life. Likewise, if you're a carer, residential respite care offers a much-needed break for you, knowing that your loved one is being well looked after so that you can also recuperate and be at your best.

Our Residential Care Homes



Each of our residential care homes is backed by all the quality values, support and services that Bene has to offer, and so much more. You're invited to take a personal tour of our homes and to experience the kind of residential care and lifestyle that everyone should be able to enjoy.

Bene Italian Village

Nestled in the enviable foothills of Adelaide, Bene's Italian Village is a leafy, safe haven of 163 residential care accommodations. The north-eastern suburb of St Agnes is home to this idyllic, hillside location overlooking tranquil creeks, an abundance of birdlife and stunning seasonal tree-scapes. It's also within a desirable distance to the Tea Tree Plaza shopping complex, cafés and restaurants with easy access via public transport, as well as major hospitals and other health services conveniently located nearby.

Bene Campbelltown

Welcome to the warm and inviting home of Bene Campbelltown. Set in the heart of the inner eastern community of Campbelltown, you'll discover 39 comfortable residential care accommodations. Here, residents enjoy life to the fullest with quality care, connection to family, close proximity to friends and a community spirit that everyone can appreciate. Add to this, public transport, shopping, cafés, the picturesque Adelaide Hills and major hospitals – all just minutes away.



Bene St Clair

This homely, heritage address of just 52 residential care accommodations is conveniently located in the north-western suburb of Woodville, just minutes away from the city and the beautiful western beaches. Bene St Clair is best known for lively conversation, laughter and a full social program that encourages residents to get the most out of life. A major shopping complex, local library, recreation complex, cafés, restaurants and public transport are all on your doorstep. Plus, major hospitals and other health services, including the Bene Padre Pio Lifestyle and Wellness Centre nearby.

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The Italian Benevolent Foundation

Bene Aged Care is a not-for-profit organisation, fully owned by the Italian Benevolent Foundation SA. Founded in 1974 by a small group of local doctors, business owners and community leaders, the Foundation's vision was to provide quality aged care that championed the unique cultural, spiritual and social needs of those in their community.

From these Italian roots, the Foundation's vision has evolved to expand its quality aged care services to the wider community.

More than 40 years later, the Foundation maintains a strong commitment to the notion that there's no greater privilege than bringing joy to older people in our communities by fostering independence and wellbeing so that everyone can enjoy life to the fullest.

With the generous support of the community, the Foundation works to raise funds to enhance the delivery of high-quality care and services provided by Bene's compassionate team of staff and volunteers.

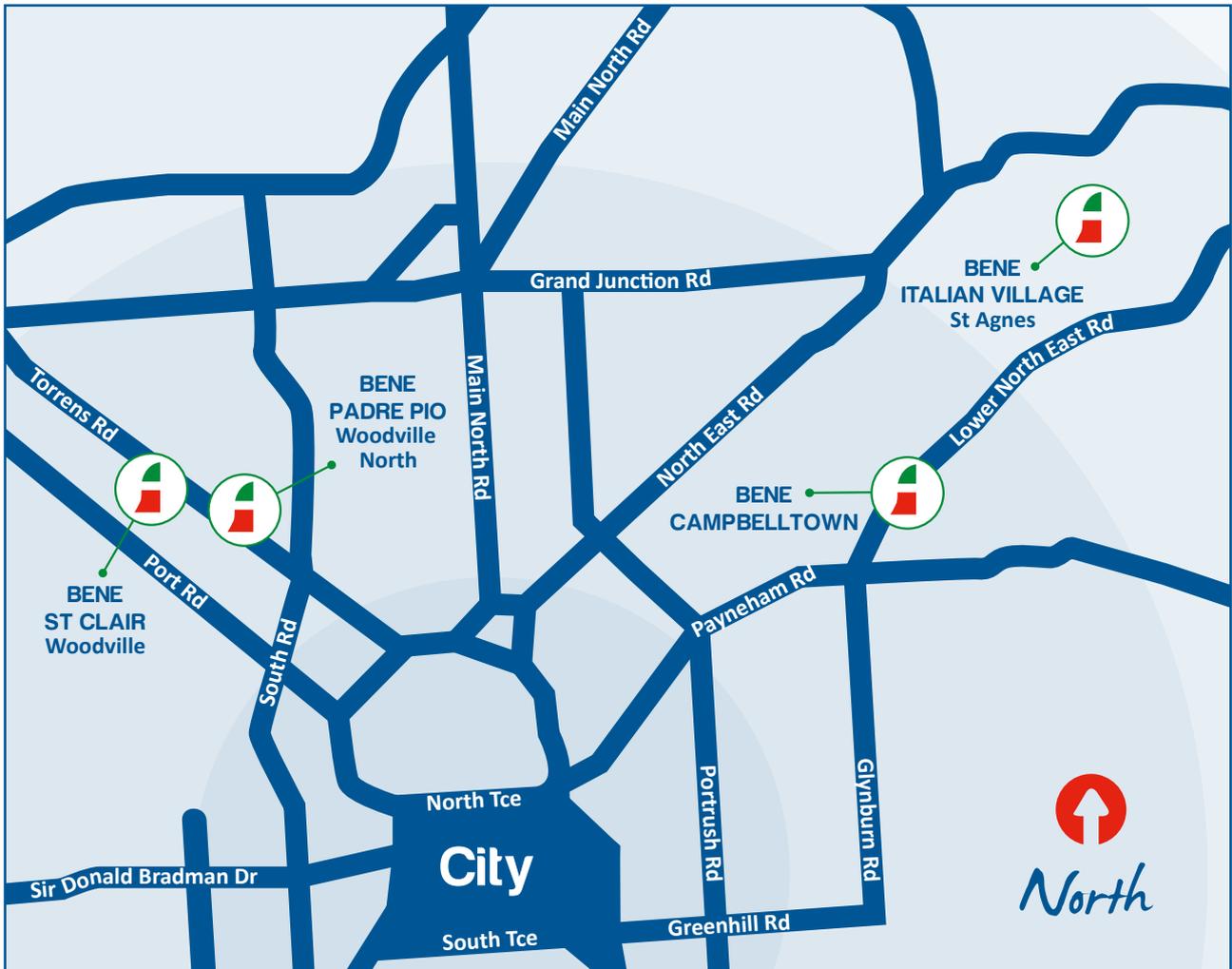
If you would like to help support our community, there are a number of ways you can make a tax-deductible donation, including a one-off donation, a gift in remembrance or in your will.

For more information about how you can become a donor, please contact Fundraising on 08 8131 2000.



Contact Us

For more information or access to any of our services, call **08 8131 2000** or visit us at bene.org.au



Residential Care Homes

Bene Campbelltown
565 Lower North East Road, Campbelltown
SA 5074
08 8360 9100

Bene Italian Village
6 Mumford Avenue, St Agnes
SA 5097
08 8397 0200

Bene St Clair
2 Jelley Street, Woodville
SA 5011
08 8449 0900

Lifestyle and Wellness Centres

Bene Italian Village
6 Mumford Avenue, St Agnes
SA 5097
08 8397 0200

Bene Padre Pio
480 Torrens Road, Woodville North
SA 5012
08 8131 2000

Lifestyle & Wellness

Coming to Bene Padre Pio twice a week has been wonderful for my husband who lives with dementia. Carmine's memory has improved and he is enjoying being more social. For me, I have really enjoyed reconnecting with old friends and meeting new people. We loved going to Hahndorf the other day. It was just beautiful.

Antonietta & Carmine

Residential

The thought of putting my parents in a nursing home felt like I was letting them and myself down. But very quickly, I saw how comfortable they both were due to the wonderful care provided by all the staff and being in such an amazing facility. My mother quite regularly tells me how happy she is, and "extra good!".

Rosa

Home Care

I am so glad that Bene could be my provider as they understand different nationalities and their special needs. I always look forward to seeing the carers with whom I have formed friendships and they make me feel special in every way.

Katharina

