

DISCOVER A
Better
WAY OF CARE

where well-being, comfort and
happiness is central to all that we do.



At Holland Park Aged Care we are dedicated to helping you and your loved ones, whether you need assistance now, or are simply planning in advance.



Welcome!

Thank you for considering **Holland Park Aged Care** as an option for your accommodation and residential care needs.



Holland Park Aged Care is proudly owned and operated by respected aged care provider CPSM Care, who also operates other residences within South East Queensland. We value, respect and support the diversity of each of our residents, and are committed to fostering their independence and dignity through our care.

CPSM Care has an exceptional reputation for providing the highest quality of care and services to its residents. Fundamental to our success is our staff. We are indeed fortunate to have such a dedicated and passionate team, and our staffing models and ratios are considered best practice in the industry. We also have a comprehensive hands-on management team overseeing every aspect of our services, including a General Manager, Care Manager, Administration Manager, Lifestyle Coordinator and on-site Head Chef.

We understand that looking for aged care can be a daunting and emotional experience. We would like to reassure you that we are here to help and assist with any questions you may have. We highly recommend you take the opportunity to tour Holland Park Aged Care with our friendly staff, as this is the best way to get a true feel for the home.

What do I need to do to enter a Commonwealth approved aged care residence?

- Step 1: Obtain an Aged Care Assessment.** People seeking access to aged care services must first contact the Australian Government organisation “My Aged Care”, by calling 1800 200 422. My Aged Care is the entry point to accessing any aged care services, and staff here will ask questions to better understand your needs. Either the Aged Care Regional Assessment Service (RAS), or the Aged Care Assessment Team (ACAT), will then arrange a more comprehensive assessment, to determine the level of care you require.
- Step 2: Find a residence** that best meets your needs and wishes. Please feel free to ask as many questions as you need to better understand what we offer here at Holland Park Aged Care.
- Step 3: Understand the fees and charges** that are applicable to your particular financial position. You may need to complete an Assets and Income Assessment form for lodging with the relevant Government Department, to more accurately determine certain costs. If you decide to choose Holland Park Aged Care, our friendly Administration staff can assist you further in taking advantage of our ‘Resident Select’ software system. ‘Resident Select’ accurately calculates fees and charges as applied by the government, and is based on the information provided by you.
- Step 4: Complete all relevant application documentation** and consider obtaining financial advice.
- Step 5: Move in** and get settled.

Our experienced Administration staff can provide you with more detailed information relating to each step, to help you navigate these processes.

Additional information relating to Holland Park Aged Care can be found on our website www.cpsmcare.com.au. A copy of the Resident Compendium is provided to each resident on or before admission, which also contains comprehensive information to assist with settling in.

Should you have any queries, please do not hesitate to contact us on **3421 4000**. Alternatively, you may wish to email your enquiry to adminhpac@cpsmcare.com.au



Tailored Care Programs

At Holland Park Aged Care, each resident has a tailored care program that is constantly reviewed to improve health and well-being. Our nurses have very close relationships with our resident's families, and keep them informed every step of the way. We offer a comprehensive list of allied services, such as podiatry, physiotherapy, speech therapy, dental, optometry, rehabilitation, mobile therapy and palliative care.



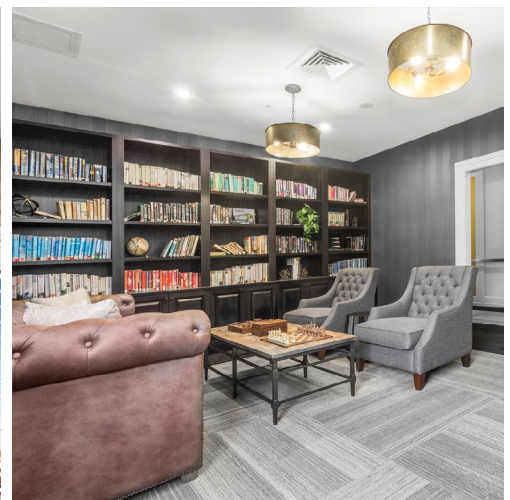
24/7 Specialist Care

Professional nursing staff are available 24 hours per day, seven days a week, to ensure our residents needs are catered for. Our registered nurses are available at the touch of a button should assistance be needed, any time of the day or night.



Dietician Approved

Having a nutritious, healthy and well-balanced diet is essential, and our executive chef has created a delicious dietician approved menu, with all meals being prepared and cooked fresh on site every day.



Our Amenities

Just some of the extensive amenities we provide include on-site hair-dressing salon, library, craft room, activities centre, different communal dining areas, and an array of bright outdoor spaces.



Leisure & Lifestyle

Our leisure and lifestyle co-ordinators provide a wide range of activities, programs and exercises, ensuring residents are engaged, stimulated and active.

WE ARE ALWAYS

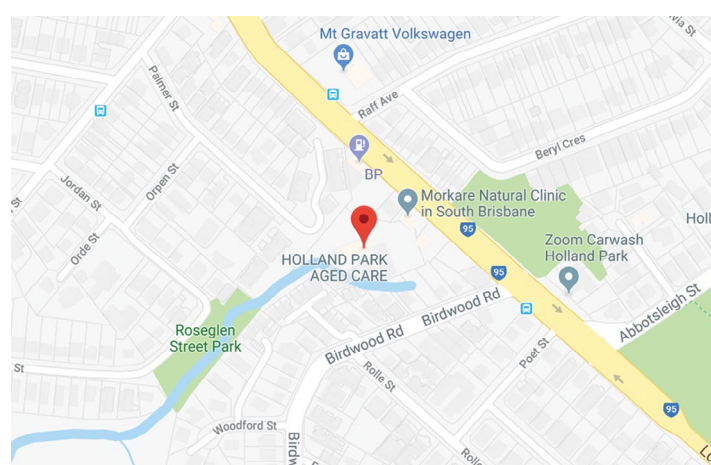
Here to Help

Moving home at any stage of life can be a daunting experience, the decision to move into residential aged care even more so. You can be assured that CPSM Care will make the transition as smooth as possible, providing the utmost peace of mind, comfort and security that your loved one deserves.

Holland Park Aged Care at a Glance ~

21 Birdwood Road
Holland Park West QLD 4121

Holland Park Aged Care is a modern and homely residence, thoughtfully designed with the needs of the residents in mind.



Holland Park Aged Care provides a very modern amenity, but with a warm homely feel. Many rooms have an attractive garden outlook, and a number of suites have their own private balcony. There are numerous contemporary living areas located throughout, creating an ideal environment to meet and mingle with friends and family.

All of our staff are highly trained and qualified, and our registered nurses are available around the clock at the touch of a button. We offer a full range of aged care services including dementia specific care, specialised nursing care, and low through to high care needs.

Holland Park Aged Care also offers a full accompaniment of additional services, which are above the usual services and features we provide, and are accessible for a daily fee. Please ask our friendly administration staff for more information on our additional services offerings.

We understand the importance of being active and engaged to promote health and well-being, and have our own specialist leisure and lifestyle team here at Holland Park Aged Care. All residents are welcome and encouraged to participate, with activities being created and modified to suit individual needs.

Our 18 seat bus provides a means for regular outings, which our residents enjoy immensely. Our activities program includes a mix of offsite and onsite events, including day trips and shopping trips, picnics, themed events, art and craft, men's groups, church services, bingo, trivia, games and live entertainment.

To find out more about Holland Park Aged Care, or to arrange a personal tour of our residence, please call us on 3421 4000.

Holland Park Aged Care

T. 3421 4000

E. adminhpac@cpsmcare.com.au

W. cpsmcare.com.au



HOLLAND PARK Aged Care

Aged Care **EXCELLENCE**