

Constitution Hill

NORTHMEAD



AGED CARE

Australian
Unity 

Welcome to Constitution Hill

Constitution Hill Aged Care in Northmead is set amongst beautiful landscaped gardens, purpose-built for a comfortable lifestyle at whatever pace you choose.

You can have the peace of mind of knowing that Constitution Hill is fully accredited under the *Aged Care Act 1997* (Cth) and adheres to the requirements set by the Australian Commonwealth Government.



Make yourself at home

Your wellbeing, individuality and sense of belonging are important to us. We understand there may be a period of adjustment as you make the transition to your new home, and we are well-equipped to ensure this is managed with your feelings, and those of your loved ones, in mind.

We nurture an atmosphere of being among friends, of respect and being there whenever you need us. Our staff and management team will become a reliable, reassuring part of your life, helping to maximise your independence wherever possible. We aim to ensure that you feel valued, listened to and cared for with dignity. It is all part of what we at Australian Unity call 'Better Together'. Our Better Together® philosophy guides the way we provide support and services to you.



CONNECT

We engage with you to help you connect with others in the community.



RESPECT

We support your preferences and choices as an expression of your individuality.



MAKE IT POSSIBLE

Whatever your request, we will do everything in our power to make it happen.



Your own tailored and individual space

We understand the importance of your privacy, individuality and comfort. Our shared and private rooms have been purpose-built to enhance mobility and independence and accommodate your changing needs.

Your room is your haven in which to relax, read, spend time with visitors or catch up on your favourite television shows. All rooms offer direct garden access or impressive glimpses of the lovely bushland surrounds.

We encourage you to tailor and personalise your room by bringing along treasured items such as photos, favourite artwork and mementos from your favourite holidays or special occasions.

At Constitution Hill, your loved ones and friends are also welcome to stay with you in your room if ever you wish for them to be close by.



Your single or double room includes:



Ensuite



Foxtel capabilities



Garden access/views



Heating/cooling



Newspaper on request



Personal safe



Telephone



TV connection



Wardrobe space



Wheelchair access





Activities and facilities to suit your individuality

Constitution Hill's range of additional services and activities are designed to enhance your wellbeing, maximise your independence and ensure visits from loved ones are enjoyable.

Our professional staff will help you navigate and organise everyday necessities and activities, giving you more time to enjoy doing the things you choose. It is important you do not miss out on the things you are used to doing, so if you want to do something like go and see a play, or go away for a weekend with loved ones, Australian Unity can support you to do this.

We want you to feel comfortable in your new home and we encourage loved ones and friends to continue to play an active part in your life, with flexible visiting hours to suit. With lounge areas to relax in, music and craft activities to enjoy, a well-stocked library and special events to go to, there is bound to be something that catches your interest.



Available for you at Constitution Hill:



Barbecue area



Beauty salon



Billiard table



Coffee shop



Craft activities



Flexible visiting hours



Fresh meals



Hairdressing salon



Kiosk



Leisure programs



Library



Movie theatre



Personalised wellbeing programs



Pharmacy services



Social outings



Special event functions



Visiting health practitioners



24-hour care



It's your place, at your pace

We know how important privacy is, as well as the need to socialise and have an enjoyable time with friends and loved ones. You have the best of both worlds here, as you can enjoy the privacy of your room and when you feel like it, step outside your door to join in a meal, discussion or activity.

We are keen to understand and respect your wishes, so if you feel like setting up a card-playing group, sewing club, or even a footy tipping competition, just mention it. You will soon find yourself with a network of friends with shared interests. When it is your birthday or you have a special occasion like an anniversary coming up, we will talk with you about how you would like to celebrate.

Underpinning everything we do at Constitution Hill is a sense of belonging and support tailored for you. If you do not wish to participate in a particular activity or hobby, we understand and respect this. It is all about choice, flexibility and individuality.



A location you can enjoy

Constitution Hill is approximately 34 kilometres from Sydney's central business district, tucked away within beautiful gardens in Northmead. Waterways wind through the surrounding landscape and many convenient shopping areas are close by.

The sense of community, friendly staff and professional support tailored to your needs help to create a strong feeling of comfort and security. When it is time to return to Constitution Hill after an outing, you will always look forward to going home.

Friendly and professionally-trained staff

Australian Unity chooses all staff at Constitution Hill carefully, focusing on empathetic, highly-skilled and trained professionals to provide an excellent level of personal care. All of our staff members are thoroughly police checked, reference checked and experienced in aged care and health care, many with specialist experience in dementia and palliative care.

When you arrive at Constitution Hill, you will receive tailor-made care and attention. We take the time to understand your food preferences, sleeping habits, physical abilities, emotional needs, hobbies and interests, making it easier to help you feel comfortable and at home. Respectful interactions, dignified care and thoughtful attention to detail are our promise to you.



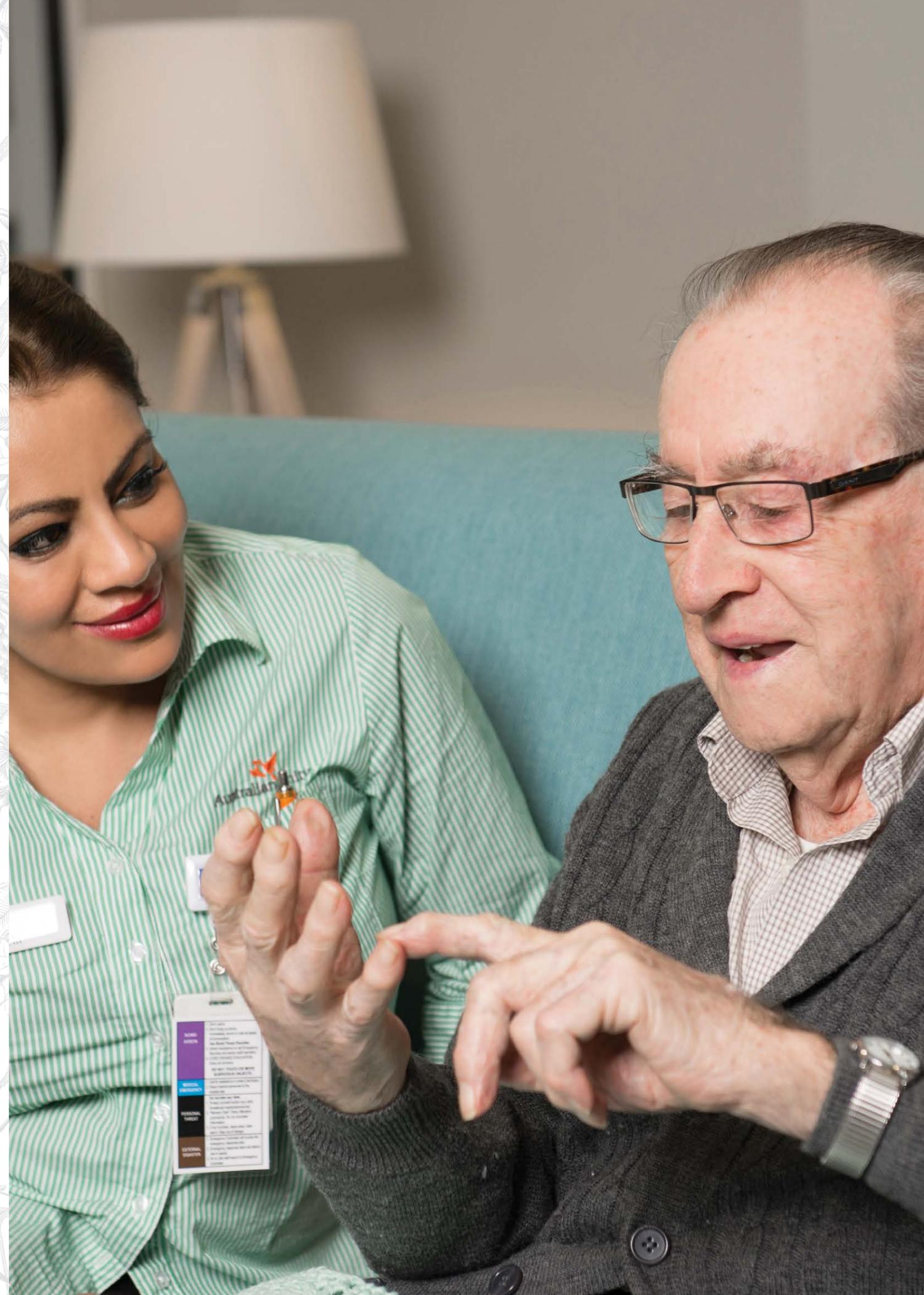
About Australian Unity

Australian Unity is one of Australia's oldest companies, with origins dating back more than 175 years. We were in Australia before the gold rushes, before Ned Kelly was born and before there was a telegraph or railway between Melbourne and Sydney.

Over the years we have grown in many ways, but we have always promoted the wellbeing of everyday Australians. For instance, back in the 1890s one of our founding organisations campaigned for Australia to become a Federation. Australia's first two prime ministers, Sir Edmund Barton and Alfred Deakin, were both members of our society. So was the first Australian-born Governor General in 1930, Sir Isaac Isaacs.

Today, Australian Unity actively identifies and helps solve a diverse range of health, financial and lifestyle needs of our members, customers and the broader community so that they can thrive.

As a mutual company, Australian Unity is owned by its members rather than shareholders. This means that we do not pay any of our profits to shareholders, but rather reinvest them back into further services to directly support our members and customers.





Constitution Hill Aged Care

Please phone us to
arrange a personal tour.

1300 160 170
australianunity.com.au/aged-care

1 Centenary Avenue
Northmead NSW 2152

**Australian
Unity** 

About the illustrations

The custom illustrations for Constitution Hill were inspired by the salvia nemorosa and freesia which are integral to its landscaped vista. The illustrator, Shelby Koelewyn, drew the flora from real life at Constitution Hill.