

Welcome to Bupa St Ives





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Our delightful and modern care home is situated in the green, leafy suburb of St Ives on the Upper North Shore of Sydney. Conveniently positioned on Mona Vale road the home is a central location to connect with the Northern Beaches, Wahroonga and Sydney CBD.

Public transport is easily accessible with a bus stop located close to the home, providing services to St Ives shopping centre and city bound buses. The home has underground parking, making it easy and convenient for family and friends to visit. Our very own Bupa bus makes it possible to have close links to local community events.

Beautiful landscape gardens and pathways make our home very welcoming, stepping into the home you will find warm communal areas and our reception. The top floor of the home is an enviable space with cafe, dining area, library, hairdressing salon and an expansive terrace for all residents and families to enjoy. Our cosy lounge areas and dining rooms have tasteful decor, beautiful artwork and indoor planting to create a homely and relaxing atmosphere.

Your care

Care, first and foremost

We believe there is only one way to care, your way. You can be confident that your care needs will be looked after with access to a registered nurse 24 hours a day. Our home is also complete with an electronic care plan system, a CCTV security system and an easy-to-use nurse call system.

Your care team

At Bupa St Ives, we value the experience of passionate registered nurses and carers who are committed to providing the care you need, in the way you want. Before you become a resident here, you are welcomed into our home and taken on a personal tour.

Bupa model of care

Our model of care focuses on preventative care to help our residents. Each resident's care plan is reviewed every six weeks by a multi-disciplinary team. Residents along with family members are encouraged to take an active role in the resident's care plan and follow up communication is provided.

Our Person First approach

The health and care of our residents is our reason for being; that's why we put the person first in everything we do. We believe it's important to embrace the individuality of every resident.



In doing this, we work with you and your family to get to know you and to ensure you get the right care and support in a safe and secure environment. This approach is especially important for people living with dementia.

Types of care

Residential care

We offer a wide range of care to help suit your needs. And as your needs change, we will continue to support you by adapting the care we offer. This helps to minimise disruption and provides peace of mind for you and your family.

Specialised dementia care

Knowing you as an individual is fundamental to Bupa's approach to care. Our dedicated team has completed Person First training, which is especially beneficial to our residents who are living with dementia.

Accommodation

At Bupa St Ives, we have 98 rooms designed to assist us in providing you with individual care. All of our spacious private rooms have ensuite bathrooms, air conditioning, and high quality furnishings. We encourage you to bring in personal items and special mementos that you've collected throughout your life to personalise your room and make you feel at home.

Your home

- 98 single ensuite rooms
- elegant lounge and dining areas
- private dining room
- hair salon
- relaxed and attractive courtyards
- two fully operational kitchens within dining areas encouraging residents, especially those living with dementia, to participate in cooking activities.



Your room

- large single spacious bedroom with ensuite and all amenities
- king single bed
- furnishings include a large armchair, bedside table and fitted wardrobes
- flat screen TV
- telephone
- fully air-conditioned
- 24 hour nurse call system
- quality blinds and curtains.

Bathroom ensuite

- streamlined with large vanity
- mirror
- toilet with handrail.

Lifestyle

Your hobbies and interests

Our passionate Lifestyle team are committed to providing a range of activities for you to enjoy. And if there's

something you're interested in that isn't on offer, let us know – we're always looking for new suggestions.

Some activities that you will have the opportunity to get involved with include arts and crafts, group games, exercise classes including physio, cognitive activities including puzzles, in-home entertainment and music.

In fact, we offer so many different activities that you could even pick up new hobbies.

Family connections

We welcome your friends and family at any time, giving you and your loved ones flexibility and peace of mind that they can pop by to visit you whenever they'd like. Children are also especially welcome at our home. Our resident-relative meetings are a great opportunity for you to let us know how things are going and give us a chance to get to know your family.



You can choose to dine with other residents in one of our elegant dining rooms or if you'd prefer, you can eat in the privacy of your own room. If there's a special occasion such as a birthday you'd like to celebrate with family and friends, enjoy yourself in style in our private dining room.

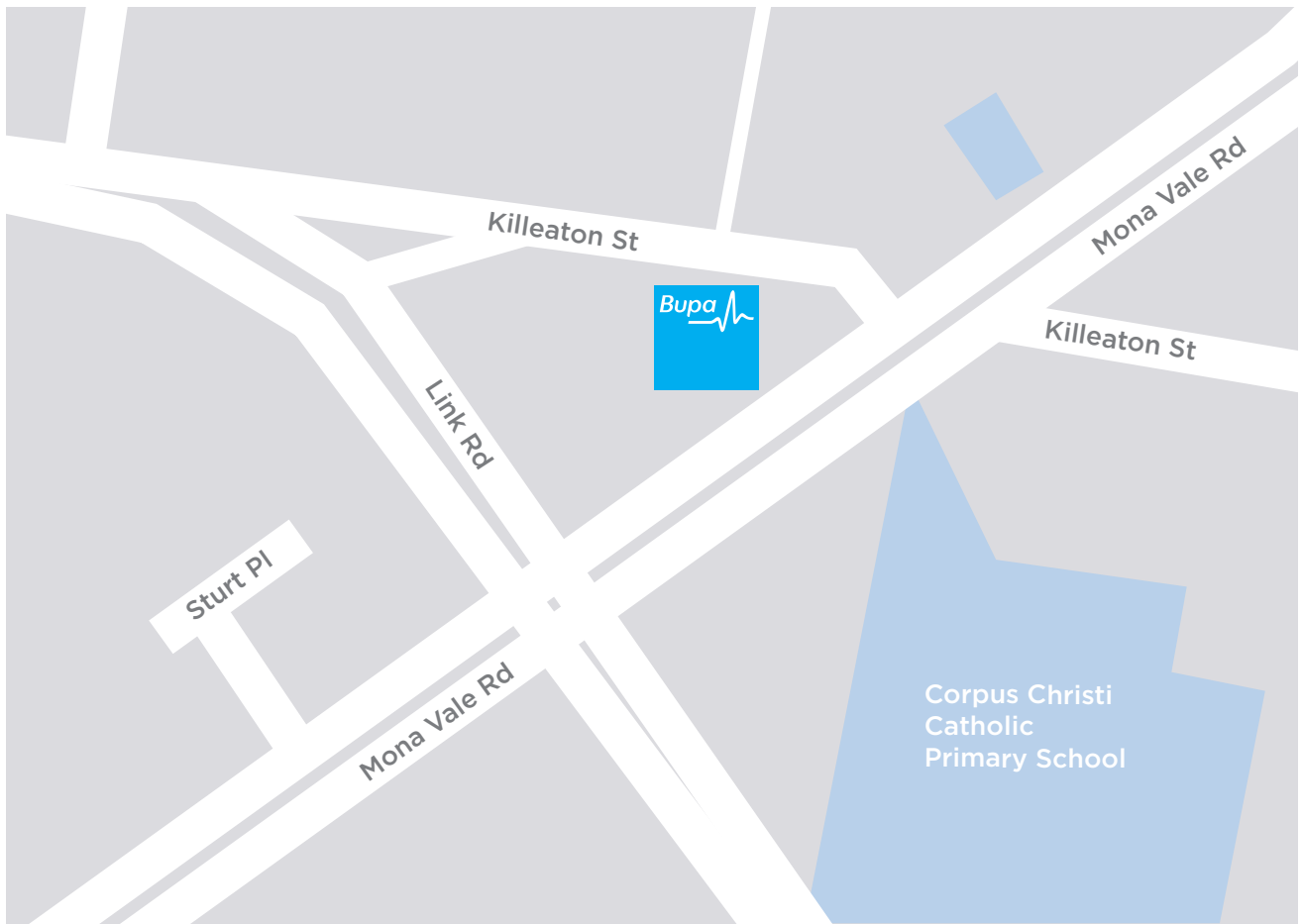
Community connections

At Bupa St Ives you can continue to be a part of the local community. We are developing close links with the community and have our very own Bupa bus. You can enjoy regular outings to popular locations in the local area.

Fresh, nutritious meals

We pride ourselves on providing a delicious seasonal menu and a choice of cuisine at every meal with the help of our dietician and in-home chef. We value your input, and strive to make sure that your preferences are reflected in our menus as much as possible.





Types of care

- residential care
- specialised dementia care
- respite
- palliative care

Your bedroom

- high quality furnishings
- adjustable bed
- ensuite bathroom
- outdoor access
- air conditioning
- TV connection point
- Wi-Fi
- telephone connection point
- 24 hour nurse call system

Your home

- landscaped gardens and courtyards
- cafe
- covered terrace
- cosy lounges
- private dining room
- hair salon
- library with internet access

Please contact us if you would like to find out more about Bupa St Ives, or to arrange a tour.

 1300 302 350

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 bupa.com.au/aged-care