



IRT Five Islands Aged Care Centre

Everything you need to know about our community

25 Quarry Street, Port Kembla NSW 2505

IRT Five Islands

IRT Five Islands has been designed to make residents as comfortable and welcome as possible. With 40 private care suites and 13 secure suites for residents with dementia, this spacious community is perfect for those looking for contemporary living.

Nestled within Port Kembla, IRT Five Islands is a short drive to Port Kembla beach and only 2 km from the town's shopping and medical services, peaceful coastal walks and Port Kembla Leagues Club.

Our suites have been designed to take advantage of the beautiful coastal surrounds, with gardens of roses, camellias and hydrangeas, and bright open spaces giving you the option of relaxing in comfort or enjoying the company of others.

There's always something interesting going on for you to do at our community. Join in with a range of activities to suit your needs and interests or if you'd prefer some privacy, our outdoor areas are also available.



Top left - IRT Five Islands has been designed to make residents as comfortable and welcome as possible.

Top right - Catch up with friends in our community room.

Bottom - Nestled within Port Kembla, IRT Five Islands is a short drive to Port Kembla beach and only 2 km from the town's shopping and medical services.

IRT Five Islands Aged Care Centre

Professional aged care with a personal touch

Our boutique aged care centre offers professional personalised care in modern surroundings. Choose from a range of ensuite studios complete with kitchenettes, or experience specialised dementia care in a secure environment. A Registered Nurse is available on site to ensure you're well cared for.



Relax in our outdoor areas.



**Professional
Personalised Care**



**Modern Comfortable
Living**



**Nutritious Meals
and Refreshments**



**Engaging Lifestyle in a
real Community**



**Connect with Family
and Friends**



**Aged Care Centres
that Give Back**



Activities

Get to know your neighbours in the Community Centre or BBQ area, or discover new pastimes with your choice of community activities, entertainment and wellbeing programs. Go on community outings or invite your family and friends to join us for special events. Feel included and connected at IRT Five Islands.

Food and Beverages

Enjoy seasonally based meals and refreshments in your care suite or community dining room. IRT Catering are experts in tasty, nutritious catering for aged care residents. Be delighted by the dining experience at IRT Five Islands.

Journey of Care

IRT applies an innovative approach to residential aged care. Our Journey of Care is a new model of care that personalises the care experience for every resident. We recognise that every care journey is unique and honour the individual diversity of each resident. Our specialised model of care ensures residents age in the right place with the right care needs within our aged care centres.

The IRT Journey of Care incorporates two key elements, neighbourhoods and specialist programs.

Neighbourhoods cater for residents with similar care needs, allowing for staff specialisation, and tailored design of the physical environment and

equipment. They allow families to see their loved one ageing in the right place with the right care needs.

Our specialist programs support resident wellbeing at each stage of their care journey. By working in partnership with leading Australian researchers and health experts, we enrich residents' quality of life, when they need it most.

Specialised Dementia Care

We provide personalised dementia care with compassion. Our secure care environments and programs are co-designed with Dementia Training Australia and focus on resident wellbeing, community connections and research-based design.

The secure dementia care environments at IRT Five Islands enhance resident wellbeing by reducing unhelpful stimuli, increasing helpful stimuli and making it easier for staff to ensure resident safety.

Palliative Care

IRT Five Islands provides personalised palliative care with compassion, comfort and connection when it's needed most. Our specialised palliative care program is founded on extensive experience in end of life care, taking care of your loved one's physical needs and supporting their emotional wellbeing as they face a life limiting illness.

Specially trained staff provide clinical care and support family and friends who are invited to participate and spend quality time with their loved one. When a resident passes away, we offer

a range of signature services to honour their memory, such as a guard of honour, memorial items and meaningful room signage.

Aged Care Centre Features



Community Centre



Communal Dining



Community Bus



Hairdresser



Landscaped Gardens



BBQ Area

On-site Services



Palliative Care



Dementia Care



Registered Nurse Available



Allied Health Professionals





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25 Quarry Street,
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For more information call **134 478**
or email **customerservice@irt.org.au**

irt.org.au/fiveislands



We'd love to show you around our community.

Visit irt.org.au/fiveislands and book a tour with our friendly team.