

Facilities and activities

Happiness in the heart of Nambour, we always aim for exceptional care.

Facilities

- 32 ground level single rooms with internal entry option, perfect for couples or singles.
- Rehabilitation centre on site with heated recovery pool.
- Lush gardens with bird aviary, flat walking paths and outdoor sitting area.
- Large activity area with well stocked large type library.
- Generous air-conditioned main dining room and comfy TV lounge.
- BBQ area and children's play area for family visits.
- Chapel with weekly services.

Services

- Registered nurse on call on site 24/7.
- Carers on duty 24/7 - emergency call system.
- Allied Health - including physiotherapy, Australian hearing and podiatry.
- Nutritious meals prepared on site.
- Lifestyle coordinator.
- Registered nurse.
- Free weekday mail service.
- Expansive gardens for green thumbs.
- Computer access in large activity area.
- Laundry and linen provided.
- Phone provision in each room

Activities

- Lifestyle calendar brimming with activities.
- Regular bus outings for shopping, events.
- Sing-alongs, bingo, arts and crafts.



Sundale passionately serves the Sunshine Coast and beyond by providing enriching environments and specialised services from people who care.

For more details or any questions you may have.

Contact

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Creating Communities

BOWDER CARE CENTRE



Welcome

Welcome to Bowder Care Centre, a haven to elders to enjoy health and happiness in their precious time with us.

Set amongst peaceful gardens with our own bird aviary, Bowder Care Centre offers 32 ground level boutique rooms with some adjoining for couples.

Our focus is to ensure your comfort and needs are met while preserving individuality and independence.

Frequently Asked Questions

How much does it cost?

Fees are modest and based on your needs, individual financial situation and entitlements. Our team will be happy to talk through these with you at your convenience.

Can I bring pets?

Of course. Cats or small dogs are welcome, but must be approved by the Site Manager, larger dogs aren't permitted.

What is the food like?

Meals are prepared on site and we always strive for nutritious and delicious. All dietary requirements are catered for and we celebrate variety.

Do you have ageing in place?

In most cases, yes. As your care needs increase, so will the level of care we provide and we can accommodate most requests for ageing in place. Concerns regarding increased care levels are discussed with the resident and family members.

How do I get out and about?

It's only 150 metres to the bus stop and 1 km (short door to door taxi ride) to the Nambour Train station, hospital and Nambour city centre. Carer escorts are available for appointments (at your own expense).

What are the visiting hours?

Visitors are welcome at any reasonable time, there are no set hours. You can even have a BBQ and kids love the play area.

Can I cook in my room?

No, but you can have a bar fridge for drinks, fruit and treats. We take care of all meals for you.

About Sundale

Not for profit. All for the community

Sundale is a not for profit organisation and the Sunshine Coast's largest provider of aged care and retirement services. We manage our finances carefully and all surplus is reinvested into better care, better facilities, better lifestyle options and training for our people to better care for our elders. While many private companies care for profit, our profit goes to care.

Sundale was born and nurtured here on the Sunshine Coast. The selfless enthusiasm of the Nambour Apex Club raised the funds to lay the first brick in our first care centre in 1963. For over five decades Sundale has matured to be respected, relied upon and valued by the community - just like the elders we serve.

How to Access Sundale Care Centres

(Government means tested - contributory costs may apply depending on your personal financial circumstance)

1. Go to www.myagedcare.gov.au to seek information on government subsidised services.
2. Call the My Age Care hotline on 1800 200 422 – the contact centre employees will ask you a range of questions to gain an understanding of your care needs.
3. The contact centre may arrange a face-to-face assessment of your needs to be conducted in your own home by a trained assessor.
4. The contact centre or assessor may then refer you for aged care services - you can then state Sundale as your preferred provider.
5. If you need assistance registering with My Aged Care please contact our Concierge team who will be happy assist you in this process - 1800 SUNDAL (1 800 786 3253).