

Alexandra Gardens



A welcoming community  
designed to **feel like home**



## Live your way, with dignity

*PresCare has been an integral part of the Rockhampton community for almost four decades.*

Our aged care community, Alexandra Gardens, is managed with a fresh, regional focus that includes exciting upgrades and an award-winning staff culture program. With these improvements, residents are now enjoying an even better place to call home.

Feeling at home is important to everyone's wellbeing. That's why we support each resident to maintain their interests, familiar routines and connections to the people and places they love. It's also why our community is divided into smaller households with Carers who feel like trusted friends and outdoor spaces that provide the simple pleasures of a backyard.

*We have a special community at Alexandra Gardens. Our team is focused on helping each resident live their own day as they would have at home. We know that the little things can make a big difference and that's why our approach to care always goes the extra mile.*



**Sandra Thomson**  
Facility Manager, Alexandra Gardens



### Make yourself at home

To offer a more personal living experience, Alexandra Gardens is divided into five smaller households where residents share a kitchen, lounge and dining room. Your light-filled room can be furnished and decorated as you like, and we respect that this is your private sanctuary, just like a master bedroom. With no set visiting hours, you can welcome family and friends to your home anytime.



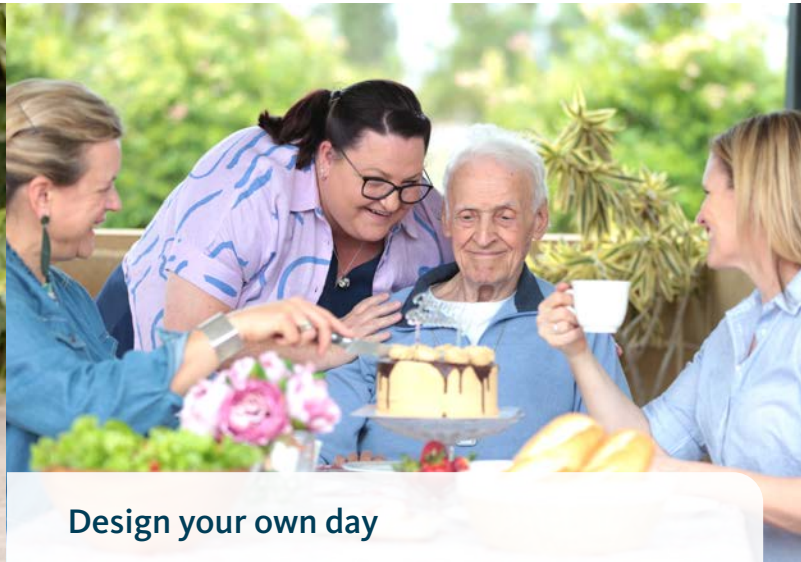
### A flexible approach to country-style meals

When it comes to food, there's plenty of choice – just like home. Everything is freshly made right here in our own kitchen, our daily menus offer lots of delicious options and family favourites, and there's always freshly baked morning and afternoon tea. You can choose when and where you eat your meals, and help yourself to a snack or drink in your household's stocked kitchen.



## Carers who get to know you well

We centre on you as a person, getting to know your story, your likes and your routine. Our dedicated Carers and Nurses are selected for their kind and compassionate approach to care that's focused on providing you with a dignified care experience. This consistency of care enables strong bonds to form between carers, residents and their families. Selected for their kind, compassionate and dignified approach to care, our team is on-hand 24 hours a day supporting you with the tailored care you need to live your way.



## Design your own day

Just like at home, you decide how you'd like to spend your day. When you rise, eat and shower is up to you, and you're supported to keep doing the simple things you've always enjoyed, like watering the garden, catching up on the daily news with a cup of tea, or just having an afternoon nap. There are a wide range of outings and activities to enjoy with others, and lots of ways to stay connected to those you love.



## Enjoy the simple pleasures of a traditional backyard

The sprawling, one-level design of Alexandra Gardens means there's greenery and natural light everywhere you look. The vast established gardens can be enjoyed by each resident and are full of the familiar features of a traditional backyard. There are courtyards, flower beds, veggie patches, hills hoists and of course our much-loved chooks. You can tend to your own plants, stroll along the pathways or just sit in a sunny spot and admire what's growing.



## Staff who work together to put residents first

We listen to each resident, respecting their choices and supporting them to live their way, with grace and dignity. Each member of our team works together to achieve our shared goals and we acknowledge our shared successes. Safety and quality underpin everything we do every single day, and we use our resources wisely to gain maximum benefit for residents. We do this in a welcoming environment that offers residents a true sense of home.

# A foundation of Christian values

Alexandra Gardens was built on a foundation of compassion, grace and inclusivity. It continues to enjoy close ties with the local Presbyterian church and residents can choose to attend regular services in our on-site Chapel. All residents are welcome to receive pastoral support from the Rockhampton Christian community.



## Nestled in a tranquil pocket of Rockhampton



This thriving regional city is famous for its beef industry and proximity to the beautiful Capricorn Coast. Alexandra Gardens is located in a quiet part of North Rockhampton, close to the banks of the Fitzroy River. It has easy access to major shopping centres, parks, local eateries and picturesque mountain ranges.

## Live your way with dignity

Alexandra Gardens offers both permanent and respite aged care, including in our secure dementia household. Suites range from \$295,000 to \$385,000. Find out more about our special community by booking a tour, visiting our website and following us on Facebook.

Free Aged Care Guide available on our website

Aged Care Guide

PresCare  
AGED CARE COMMUNITIES

## Contact our friendly team

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PresCare is proud to be part of:

