



Aeralife Watergardens



## A new era of care



Home. It's a place of belonging, comfort, safety and familiarity, where physical, spiritual and emotional needs are nurtured, fostering connection with others. Aeralife is all this and more. Our residential aged care homes are vibrant, innovative communities that celebrate every resident's life, offering warm sanctuary and rich experiences.

Aeralife, proudly Australian and independently owned, has over 20 years' experience in providing premium residential aged care. Each of our homes across Victoria and New South Wales are a shining example of our innovative, holistic approach to aged care. Our highly experienced teams possess passion and empathy in equal measure. We empower them to forge deep connections with residents, ensuring a more meaningful approach to caregiving.

Our mission is simple: to enable a safe and nurturing community that delights our diverse residents, families and staff.

Aeralife. A new era of care.

# The comfort, warmth and safety of home

As an Aeralife community, Watergardens captures the heart and soul of home. Residents enjoy a sense of belonging, connection to the wider community and a feeling of safe haven. The home is a place where smiles are shared and every resident is celebrated. At Watergardens, we offer a range of care options including long-term care, short-term respite and memory support for people living with dementia.

We understand that everyone is unique, which is why we take a people-centred approach to care. Every resident receives personalised care and attention, enjoys stimulating activities and wholesome meals tailored to their tastes and cultural preferences.

With a 24/7 registered nurse on staff and a Memory Support Unit, we provide round-the-clock support and innovative, specialised care. We prioritise everyone's autonomy by involving people in daily decision-making and maintaining clear communication with families and loved ones.

Our compassionate and highly trained staff work together to create an active and fulfilling lifestyle for our residents, catering to their individual needs as they age. At Watergardens, we empower residents to make decisions about their healthcare and lifestyle needs. Every resident's quality of life is our top priority.

Watergardens offers:

- Long-term care
- Short-term respite
- Memory Support Unit
- Dementia-friendly care
- Palliative care
- Person-centred care
- 24/7 registered nurse
- Hospitality services
- Daily wellbeing activities.





## A beautiful way of life

### **Take time out**

Caring for a loved one can be both rewarding and challenging. With our comprehensive care services, you can rest assured that your loved one is always supported, leaving you free to enjoy each other's company. Whether it's a trip to Watergardens Shopping Centre, afternoon tea at Cafe Greco or a drive to one of the area's lovely parks, you can take time to focus on the good things in life, while we take care of the rest.

At Watergardens, we enrich our residents' lives, providing them with a true sense of home, nutritious meals, fun activities and inviting shared spaces where they can thrive.

Crafted by our talented chefs, meals are freshly prepared daily. Our menu follows a four-week cycle, changing with the seasons to ensure variety and freshness. Residents take pleasure in selecting from a daily menu to suit different tastes and dietary preferences.

Our vibrant lifestyle program offers activities to suit diverse interests and abilities. From strength and movement classes to arts and crafts, cultural outings to musical performances and religious services, there's always something happening at Watergardens. For residents who require specialised dementia care, there's our Memory Support Unit designed to promote tranquillity and wellbeing.

Shared spaces include:

- Retail cafe
- Hair and beauty salon
- Billiards table
- Home cinema
- Private dining room
- Chapel
- Library
- Alfresco and barbecue area
- Landscaped gardens and courtyard.





Home suite home





Every suite at Watergardens is designed to give residents a private and inviting space to call their own. Our suites feature all the amenities needed to make life comfortable, while offering safety and security.

We encourage residents to decorate their suites to their own style, so it truly feels like home. While we provide essential furnishings and amenities, residents are welcome to bring in photos, prints, ornaments, cushions or other treasured items to personalise their space.

At Watergardens, all suites are single rooms with their own bathrooms, ensuring privacy and dignity. With our focus on creating a homelike atmosphere, our suites provide a welcoming retreat where residents can relax and feel at ease.

Suites include:

- Fitted wardrobe
- Sitting chair
- Fan
- Bedside table
- Over-bed table
- Nurse call system
- Lockable valuables drawer.

Residents can choose to access optional in-room, fee-for-service inclusions, such as a phone, high-speed internet and Smart TV. Please refer to our Higher Everyday Living Services brochure for full details about these and other available services.

**Aeralife Watergardens**

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**Book a tour or to find out more:**

1300 564 611

[aeralife.com.au](http://aeralife.com.au)