



# Residential Care at Colton Court

McLAREN VALE



**ACH Group believes that growing older is a journey, not a destination. We think of it as turning a new page.**

**We are here to listen to what is important to you, so that we can help you navigate the range of opportunities available. We offer advice, and support you to choose the life you want to live, where you want to live it.**

Founded in 1952, ACH Group is a proud not-for-profit organisation. Our range of services help to maintain your independence, support you to be as healthy as you can be, and offer opportunities to maintain current social interests, or foster new ones.

We can support you to live independently in your current home, or if you are looking for a more manageable lifestyle, we have a range of Retirement Living options available to suit your needs. For a more secure and safe environment, our Healthy Ageing approach within our Residential Care homes supports you to continue to live well.

ACH Group's 1700 specialist staff and hundreds of volunteers share the belief that you should be valued and respected, connected to your community and in control of your life.

This mindset drives our every action to put you in control, to support you to lead a good life and continue to make a contribution to family, community and society.

Our staff celebrate diversity and welcome everyone as an individual, acknowledging sexual orientation and gender identity, respecting cultural backgrounds, religious and spiritual beliefs and practices.

## What makes a Good Life?

We've listened to our customers to uncover six elements that contribute to a Good Life. These elements shape how we deliver our services to ensure we're supporting older people to live a life of their choosing.



**UNIQUE**



**BEING IN CONTROL**



**OPTIMISTIC**



**BELONGING**



**CONTRIBUTION AND ENGAGEMENT**



**HEALTHY**

# WELCOME TO COLTON COURT

Welcome to Colton Court, where in the surrounds of McLaren Vale's beautiful countryside and vineyards, you will find a unique mix of independent living and warm residential care.

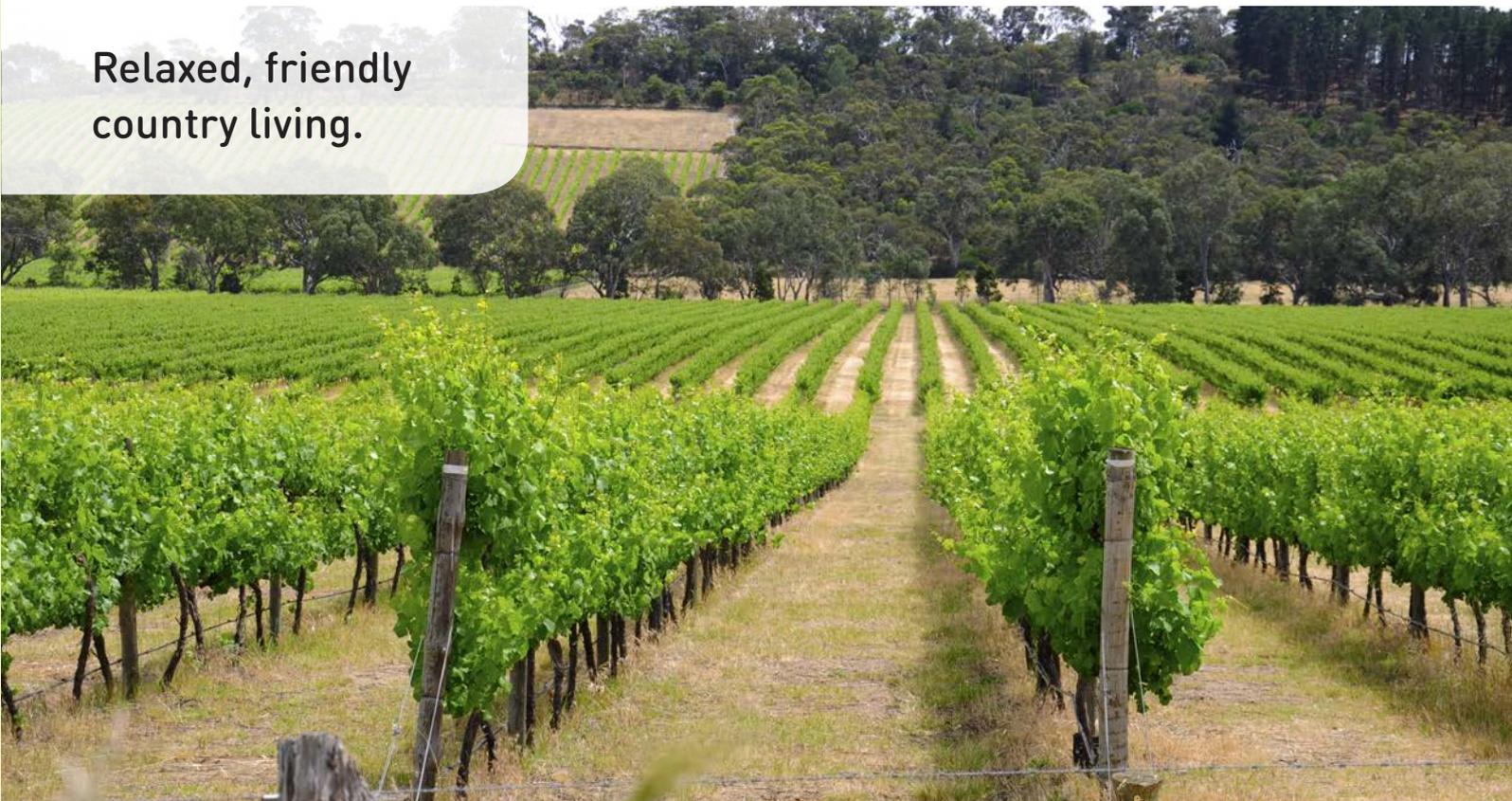
Living in Colton Court's unique and self contained cottages means you can remain very much involved with the local close knit community and your family and friends. Located in a quiet street of the town, overlooking an almond tree-filled park, you are conveniently positioned to access McLaren Vale's array of shops, cafes, health and community services. Fully accredited for five years, Colton Court's small number of places and cottage setting gives it an appealing homely charm.

Colton Court promotes ACH Group's Healthy Ageing approach, where every resident has the opportunity to achieve optimal physical, mental, emotional and social wellbeing. This encompasses a broad range of health promoting activities such as an onsite gym, walking groups, social gatherings and genuine involvement from families and friends.

Cottage Living



Relaxed, friendly  
country living.



## ACCOMMODATION CHOICES



**Colton Court  
has an appealing  
cottage charm.**

Well designed in an attractive garden setting, Colton Court has an appealing homely charm. With only 39 residents, the home is small and close-knit but offers a wide range of accommodation choice.

The bustling Activities Room is the hub of Colton Court, playing host to many activities including family celebrations, concerts, church services and other community gatherings. A new onsite gymnasium space and pretty cottage gardens filled with roses, hollyhocks and large shady trees complete the address.

### **Cottages**

Colton Court's unique self-contained cottages offer comfortable, airy accommodation for single and couples alike. The 25 cottages feature a generous lounge and kitchenette, plus combined laundry/ensuite.

Each has its own private garden and front door for you to welcome your visitors and the perfect spot for your own flower pots or simply to sit and enjoy the fresh air. Several cottages have street frontage with their own letterbox.

### **Single rooms with private ensuite**

Four single rooms with private ensuites are all fully air-conditioned and feature pleasant garden outlooks. Residents enjoy easy access to a shared lounge, intimate dining room, kitchen and outdoor courtyard.

### **Secure memory support units - single rooms with private ensuite**

The ten rooms in our Secure Memory Unit offer a safe and secure environment for people living with dementia. Each room is carpeted, air-conditioned and has its own ensuite bathroom.

Staff are fully trained in all aspects of dementia including specialist care and are well equipped to adapt to the changing needs of residents.

A dedicated lifestyle co-coordinator with considerable experience in dementia care ensures all activities are designed for maximum participation and enjoyment.

Families are also invited to information sessions to increase their knowledge and understanding of the challenges that dementia brings.

## FACILITIES AND ACTIVITIES AT COLTON COURT

- A wide range of activities and events for you to do and attend, seven-days a week
- Healthy, nutritional and varied meal choices
- A place where your small pet, subject to assessment, is welcome to join you
- Allied health programs delivered by dieticians, speech and occupational therapists, podiatrists and physiotherapists
- Specially trained Dementia Champions – staff who have acquired additional knowledge and skills to provide the best possible support for people living with dementia
- The best of both worlds – your own cottage unit, but with care on-hand if you need.
- Bustling, neighbourly community with families and grandchildren often visiting



Visiting grandchildren



## A HIVE OF ACTIVITY

Respected research from around the world shows that people who are active and socially connected are happier and have a better sense of wellbeing and overall health, regardless of age or health status. ACH Group's Healthy Ageing approach at Colton Court will help you remain physically, mentally and socially active.

At Colton Court, we aim to make it as easy as possible for you to choose to be physically and mentally fit, remain connected and take part in activities you still love to do every day.

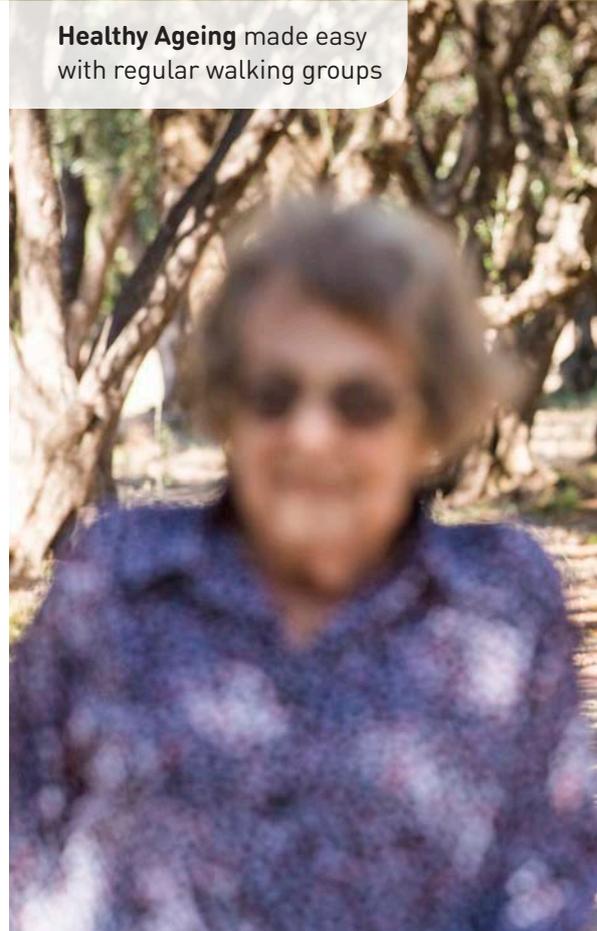
Dedicated Healthy Ageing staff work with you to identify a personalised and structured Wellbeing Plan which recognises the challenges of ageing and is unique to the individual.

Good health and wellness is an easy choice via a wide range of activities and events to do and attend, including exercise classes, a popular Art Group, concerts and regular theme lunches such as the annual St Patricks Day lunch which is a feature on the calendar.

Making the most of Colton Court's Fleurieu location, walking groups frequently head along the Esplanade at Moana and Seaford beaches or the Willunga historical walking trail. Regular outings explore places such as Victor Harbour, the Wittunga Botanic Gardens and embark on day-trips to Adelaide.

Furthering links with the local community has seen Colton Court residents share their wisdom and teach pre-schoolers traditional games like hoops and quoits, help with their art classes or simply sit and chat together.

**Healthy Ageing** made easy  
with regular walking groups



**Art Groups**





Pick your own fruit



## WHY CHOOSE COLTON COURT?

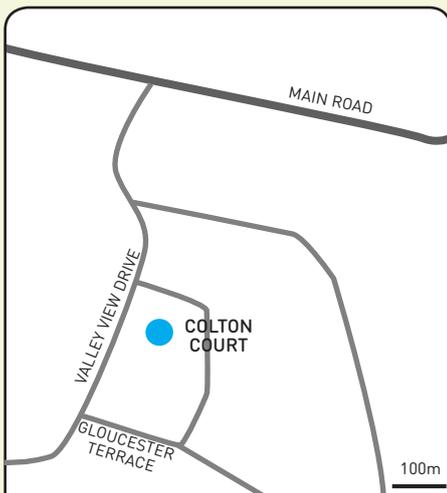
- ✓ Located in the heart of McLaren Vale, close to shops, community and medical services
- ✓ Small, charming setting
- ✓ Range of accommodation choice including unique Cottages, single rooms and Secure Memory Support House
- ✓ ACH Group's **Healthy Ageing** approach
- ✓ A wide range of activities and events seven days a week

## Locations

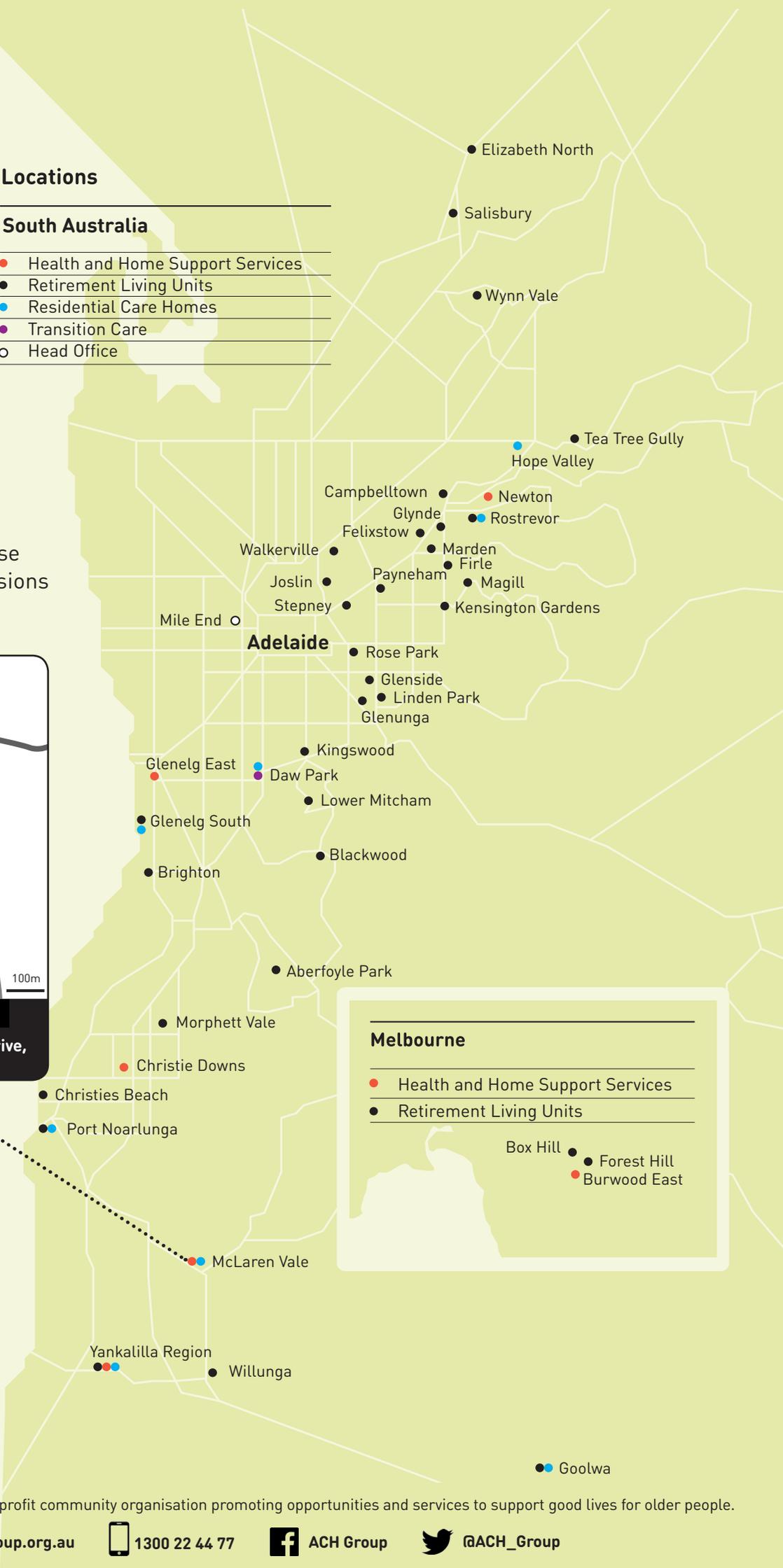
### South Australia

- Health and Home Support Services
- Retirement Living Units
- Residential Care Homes
- Transition Care
- Head Office

For more information please call our Residential Admissions team on **(08) 8159 3530**.

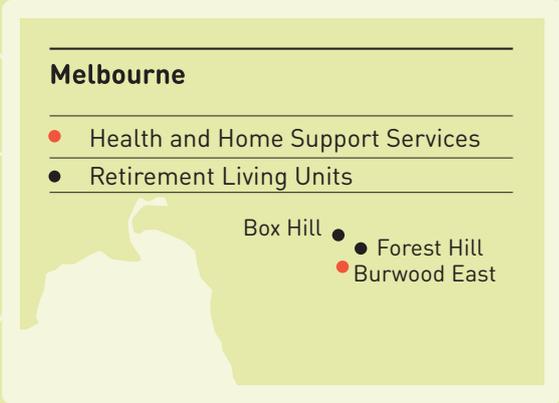


**ACH Group Residential Care**  
**COLTON COURT 84 Valley View Drive, McLaren Vale SA 5171**



### Melbourne

- Health and Home Support Services
- Retirement Living Units



Information in this brochure is correct at the time of printing. Photography and imagery is indicative only and program details, facilities and activities outlined may be subject to change. Colton Court 06/17.

Aged Care & Housing Group Inc.  
 ABN 99 437 071 895

Founded in 1952, ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people.