



# IRT Woonona Aged Care Centre

Everything you need to know about our community

4 Popes Rd, Woonona NSW 2517

# IRT Woonona

## Retirement Village:

- 22 independent living apartments

## Aged Care Centre:

- 201 private and shared care suites
- 34 secure dementia suites

Built among beautifully landscaped gardens and lawns, IRT Woonona has been created to enhance the natural light and relaxing atmosphere of this community.

With 22 independent living apartments, 201 private and shared care suites and 34 secure suites for those living with dementia, this spacious community is perfect for those looking for contemporary living. Everything about IRT Woonona has been designed to make residents as comfortable and welcome as possible.

The co-located retirement village and residential aged care centre offers a unique opportunity to remain as close to friends and family as possible

whilst receiving personal and professional care. Residents are supported throughout their entire aged care journey.

IRT Woonona is located on the north shores of Wollongong in the coastal suburb of Woonona. Close to public transport, shops and beaches, you'll enjoy the lifestyle and comfort of this private community.

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



**Top left** - Receive professional care with a personal touch.

**Top right** - Catch up on reading in our library.

**Bottom** - Our interactive wall decals make residents living with dementia feel like they're at home.

# IRT Woonona Aged Care Centre

## Professional aged care with a personal touch

Our aged care centre offers professional personalised care in comfortable surroundings that are spread over three areas within our community. Choose from a range of private and shared rooms, or experience specialised dementia and palliative care in a secure environment. Our experienced staff are on hand 24/7 ensuring you're comfortable and well cared for.





**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**



Take a walk around our secure,  
interactive outdoor area.

## Activities

Get to know your neighbours and 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 Woonona.

## 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 Woonona.

## 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.

The Namaste Program is a specialty program offered at selected IRT care centres, including IRT Woonona. It is a unique sensory-based care experience where residents are cared for by trained staff in a purpose-designed room using therapeutic touch, aromatherapy, music and sensory experiences.

## 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 Woonona enhance resident wellbeing by reducing unhelpful stimuli, increasing helpful stimuli and making it easier for staff to ensure resident safety.

## Palliative Care

IRT Woonona 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



Visitor Parking



BBQ Area



Eateries

## On-site Services



Palliative Care



Dementia Care



24/7 Registered Nurse



Namaste Program



On-site Retirement Village



Music Therapy



Pet Therapy





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For more information call **134 478**  
or email [customerservice@irt.org.au](mailto:customerservice@irt.org.au)

[irt.org.au/woonona-acc](http://irt.org.au/woonona-acc)



**We'd love to show you around our community.**

Visit [irt.org.au/woonona-acc](http://irt.org.au/woonona-acc) and book a tour with our friendly team.