

# Home Care

Every day BaptistCare's at home team brings compassionate and practical assistance to people right across NSW and the ACT.

BaptistCare at home's Well Living approach underpins our focus on *wellness and reablement* – supporting clients to live their best possible lives.

Well Living's three simple domains of BE WELL, THINK WELL and CONNECT WELL help us together to maximise each person's physical, mental and social resources so that they can make the most of each day, in the way that is most important to them.

Our well-trained and resourced teams of care workers, Registered Nurses, Allied Health professionals and Care Facilitators are individually committed to genuinely care for the people they support.



For every BaptistCare at home client, Well Living is the difference between living, and living well.



**Be Well** – covers the practical care we provide for healthy living – from personal care, help around the house and home maintenance through to high level clinical care, pain management, nutrition, continence and Allied Health such as Physiotherapy, Occupational Therapy and Exercise Physiology.



**Think Well** – is about providing support to people to be healthy both cognitively and emotionally. It includes dementia care, engaging with new hobbies, providing respite for carers to be refreshed, and facilitating engagement with new, stimulating activities.



**Connect Well** – focuses on helping bring people together, whether in person or online. It is about providing transportation, running social groups and exploring online opportunities to connect like-minded people together. Connect Well is also about spiritual connection, in whatever way is meaningful for each individual – through pastoral care from a chaplain, attendance at religious activities or refreshing themselves in nature.



# Retirement Living

At BaptistCare, Retirement Living is more than a place to live, it's a community. We take pride in the facilities and services we offer, but it's our community of residents and staff that makes all the difference.

You can enjoy all of the benefits of Retirement Living, like having your gardening and maintenance taken care of, help around the house if you need it and friends to watch over your place while you're away. So you'll be able to spend more time doing the things you love.

## Community Strong

Our Retirement Living communities are designed so that residents can connect and engage as much as they wish. Our residents help to set the guidelines and budgets, organise events and activities, look out for one another and take pride in their community. If community is something you value, you'll love life in a BaptistCare Retirement Living community.

## Adaptive Living

It's important when downsizing to choose a place that can meet your needs both now and into the future. Our Adaptive Living approach of priority access to our home care and residential aged care provides peace of mind that you can live as independently as you wish, while being able to receive the exact amount of help and support that's right for you.

## Flexible Financials

We understand that every individual is unique and so is their financial situation. That's why we've developed a range of easy to understand flexible financial options to suit your individual circumstances.



Because we all deserve love and care

Residential Aged Care  
Retirement Living  
Home Care

Because we care

## Want to check if we can come to you?

BaptistCare is one of the biggest Home Care providers in NSW and ACT, so we offer services in most areas. If you'd like to check if we can come to you, just ask one of our friendly aged care experts for a free in-home consultation.

[baptistcare.org.au/homecare](https://baptistcare.org.au/homecare) or call 1300 275 227



## Want to see it for yourself?

Call 1300 275 227 to book a tour at your nearest BaptistCare Retirement Living community today.

## Our locations:

- Alstonville
- Bangor
- Baulkham Hills
- Elderslie
- Kellyville
- Macquarie Park
- Red Hill (ACT)
- Wagga Wagga



## Why Choose BaptistCare?

At BaptistCare, we respect the individual and empower them to live well.

We believe each person is unique and worthy of respect, dignity and inclusion. That is why we provide person centred care that encourages independence and quality of life. Our philosophy of care is based on Christian principles that are reflected in all aspects of our purpose, vision, values and services.

It's what makes BaptistCare different, we're here **because we care.**

*"I couldn't have imagined how wonderful my services would be and how it would improve my quality of life. Everyone is very nice and helpful."*

*Jackie*  
BaptistCare Customer

## Residential Aged Care Homes

A warm, friendly and inclusive environment to improve wellbeing and quality of life.

We believe that residents, families and consistent team members should all be partners in care – we call this the **MyTeam™** approach.

In practice, this means the same team members provide personal care for the same residents, every day they work. It is care that focuses on connecting with residents, knowing their stories, needs and preferences and supporting each person to live a meaningful life.

All our homes offer support for Dementia Care, Palliative Care, Respite Care and 24-hour assisted nursing. We have on-site chaplains, General Practitioners, physiotherapists, hairdressers, and more.

### Need a hand understanding aged care?

Contact our team today

📞 1300 275 227

🌐 [baptistcare.org.au/agedcare](https://baptistcare.org.au/agedcare)

### Engaging Lifestyle

Here, residents have the freedom to choose how they spend their time. Our range of daily group activities, which includes trips and outings, are great for those keen to socialise and get out and about. We also try our best to cater to everyone's interests and hobbies.

### Everyday Comforts

To make life easy, we take care of all the little household jobs. From daily room cleaning and tidying to laundry services, we're here to make your everyday more comfortable. Your nutritional needs are also completely catered for, and your favourite dishes are prepared fresh on-site by our resident chef.



### Our Locations

We have 18 Residential Aged Care Homes across NSW and ACT.

- ① Blue Mountains – Leura
- ② Sydney North West – Baulkham Hills & Kellyville
- ③ Sydney North – Macquarie Park (3 homes)
- ④ Sydney South – Bangor
- ⑤ Central Coast – Point Clare & Wyee
- ⑥ Newcastle – Warabrook
- ⑦ Mid North Coast – Forster
- ⑧ Northern NSW – Alstonville & Coraki
- ⑨ Central West NSW – Parkes
- ⑩ South West NSW – Wagga Wagga
- ⑪ Canberra – Griffith & Red Hill
- ⑫ Southern NSW – Queanbeyan

## Are you a Carer?

Do you need some regular respite, a short break, or perhaps you've been ill?

There are many occasions that come up, adding that bit of pressure on ourselves and our loved ones. Give us a call to find out how we can help support you during this time.



## Want to know more?

Let's discuss a solution that best suits you.

📞 1300 275 227

🌐 [baptistcare.org.au](https://baptistcare.org.au)

📧 [ask@baptistcare.org.au](mailto:ask@baptistcare.org.au)