

Care Support *Services*





“ If you leave it
too late, it becomes
more difficult.”

Rosemarie Musca



Peace of mind in a caring and supportive *community*

Your safety and happiness at Ocean Gardens is our number one priority. As a treasured member of our village, you will be surrounded by friendly support staff who actively take an interest in how you are. It is important to us to deliver quality services in consultation with you and your family.

We also understand that you want to remain living in your own home safely, enjoying life as independently as possible, and we will assist you every step of the way.

At Ocean Gardens, our vibrant residents are sociable and look out for each other, with our Care Team providing many opportunities to our residents to lead a healthy, active and fulfilling life.

As a not-for-profit incorporated community association, any profits accumulated are reinvested back into the village to continue to improve the village amenities and overall services, ensuring our residents reap all the benefits.

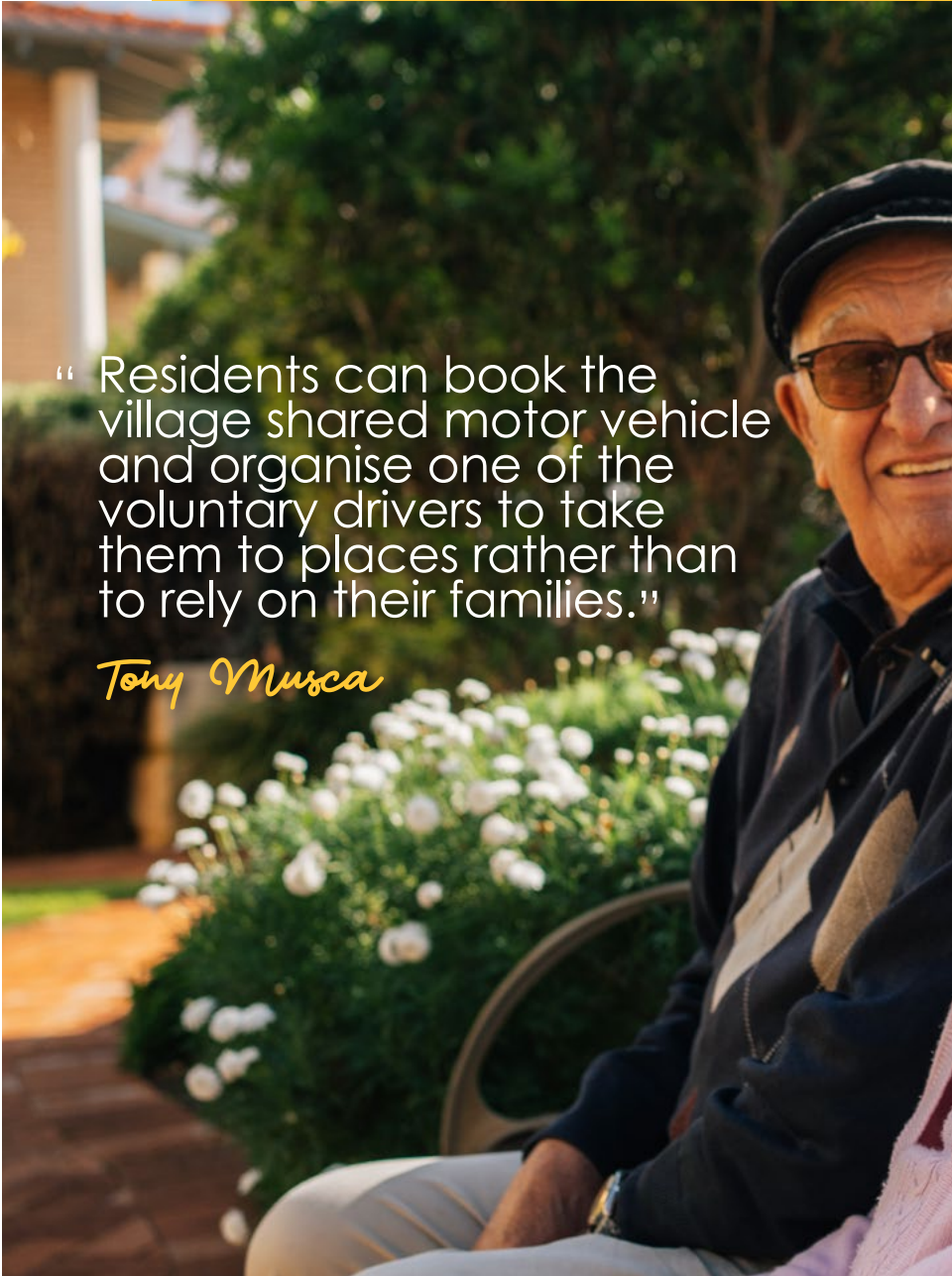
Some assistance to live independently longer

Whilst Ocean Gardens is a Retirement village at its heart, we also provide high quality support to our residents so they can keep living at the village for as long as possible.

We offer a comprehensive range of care support services. Whilst the prospect of extra support is appealing, we understand that the process of engaging care services can be overwhelming. Our experienced team is here to help navigate you through your aged care journey.

Ocean Gardens offers care that supports your holistic needs including culture, ethnicity, religion and LGBTQIA+ as examples.

The Federal Government – Department of Health and Aged Care has approved Ocean Gardens to be a home care provider. This means we can provide you with services under a government- funded Home Care Package to support you in your own home at the village. We also provide a variety of self-funded home care services tailored to your specific needs on a 'fee for service' basis.



“ Residents can book the village shared motor vehicle and organise one of the voluntary drivers to take them to places rather than to rely on their families.”

Tony Musca



About Government-funded Home Care Packages

Government-funded Home Care Packages are based on four levels of care, each with different levels of funding:

- Level 1: For people with basic care needs. Provides a couple of hours of in-home care services (cleaning, etc.) per week.
- Level 2: For people with low-level care needs. Provides around four hours of in-home care services (cleaning, social support, etc.) per week.
- Level 3: For people with intermediate-level care needs. Provides up to nine hours of in-home care services (shopping, occasional nursing, personal care, etc.) per week.
- Level 4: For people with high-level care needs. Provides up to 14 hours of in-home care services (nursing, complex care, transport, medical liaison, etc.) per week.

My Aged Care wait times for Home Care Packages can be lengthy, so we encourage you to apply earlier.

Level 1: 3 - 6 months
Level 2: 6 - 9 months
Level 3: 6 - 9 months
Level 4: 6 - 9 months

Please refer to page 15 for eligibility and accessibility to these Home Care Packages.

About our **Self-funded Home Care** *Support Services*

All the help you need
to **keep being you**

There might come a day when you find that some activities have become harder than they used to. But why should anything else have to change? At Ocean Gardens, you can simply select the support you need and then keep on living life the way you choose.

Our self-funded home care support services provide you with the flexibility to choose from a variety of services. Have a face-to-face chat with our Care Team who will make it simple and easy to create your tailored support plan. Start your home care package straight away, or simply keep the information tucked away for if or when you need it.



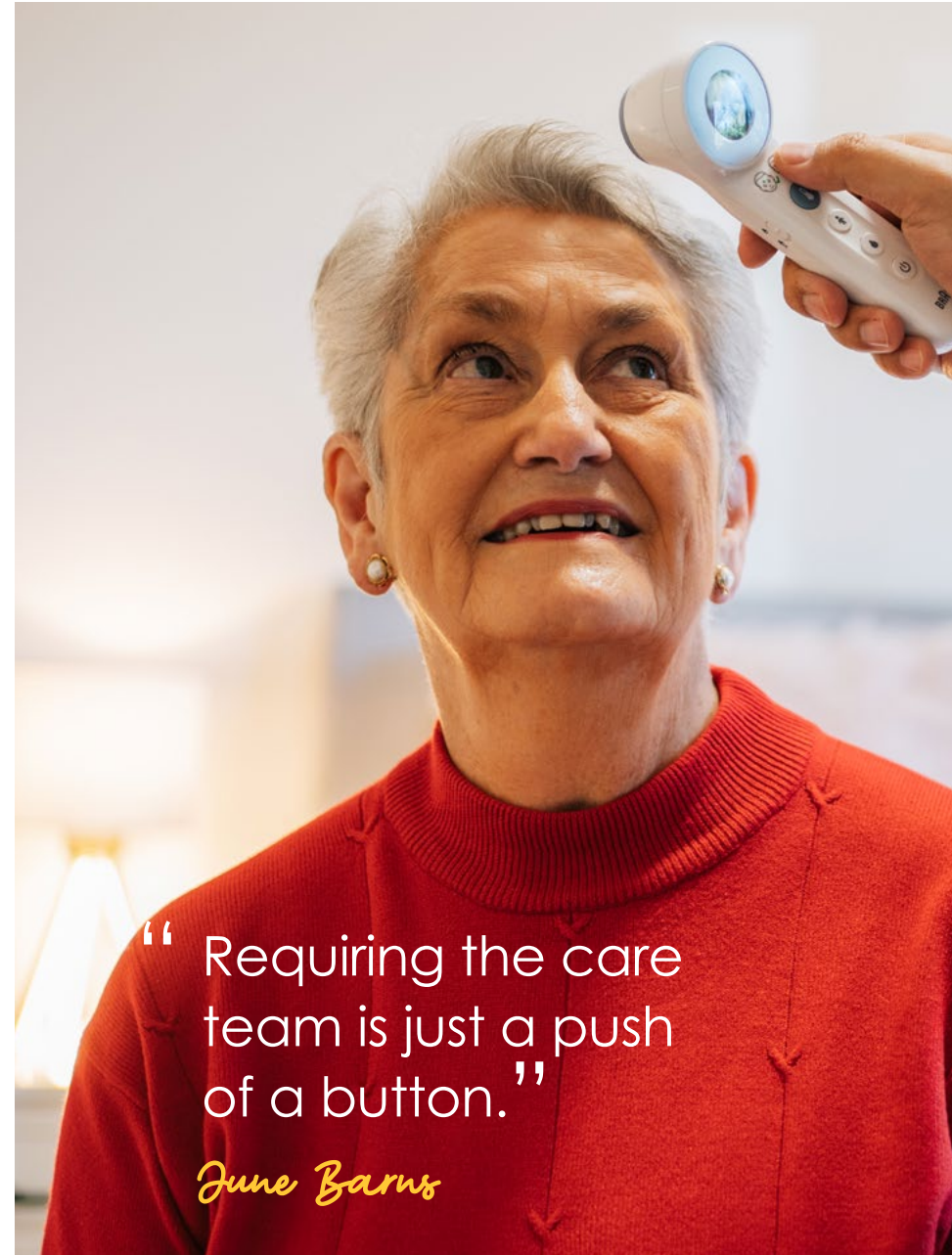


Additional services at *Ocean Gardens*

24/7 peace of mind

Our team is based in the village, 24 hours a day, 7 days a week (even on public holidays) and at set appointment times so there are no travel fees involved with our services. We take an active interest in our residents, happily going out of our way to drop by for a friendly chat.

A unique value proposition for Ocean Gardens residents is the inhouse Wellness Program. This program is designed for preventing injuries, rehabilitation and for physical and mental wellbeing.



“ Requiring the care team is just a push of a button.”

June Barnes



24-hour emergency call system

We believe our 24-hour care service and emergency call system is unique to Perth because we have a care staff member onsite 24 hours a day, 7 days a week. The system is monitored onsite by our own Care Team. Simply activate the pendant when you require assistance and a Care Support Worker will be by your side in minutes.





Transport

We have a 12-seat bus and an 8-seat van which are used for outings, social purposes and transport of a similar nature. Our Care Team can also help you if you need transport to and from medical appointments, family visits, shopping and more.

We also have a shared motor vehicle available for residents, which is free of charge. Our volunteer drivers are available to take you to places such as the doctor's surgery, hospital, shops, airport and more. This service means residents don't have to worry about paying motor vehicle expenses or asking loved ones to take them places (our supportive community of volunteer drivers are happy to help).



Allied health

We can arrange access to external support services such as, but not limited to:

- Physiotherapy
- Occupational Therapy
- Speech Pathology.



Cleaning

You don't have to worry if you no longer feel up to doing all of your own cleaning or laundry; we're here to help. Our Housekeeping Team can help with a range of tasks from cleaning out the fridge, the pantry or the linen cupboard, through to regular jobs like the bathroom, toilet, floors and dusting. Our commercial laundry can take care of those large and other bulky personal items like blankets, doonas, bed sheets and towels.



Podiatry

We have a podiatrist onsite three days a week. They are also available by appointment on certain days.



Meals

Our restaurant is open for deliveries on Monday, Wednesday, Friday and Sunday. They also open for a seated lunch every Sunday (families are welcome!) and many other special occasions so you can enjoy the view, meet new people and relax while we do the cooking! If you're unable to cook for yourself, or would like a break from cooking, we can help you maintain adequate nutrition and a balanced diet by organising meals to be delivered to you from our restaurant.

Deliveries are free of charge.



Nursing

We can help you manage your health conditions to keep you on track:

- Blood glucose and blood pressure monitoring
- Wound care
- Care planning
 - Access to a Dementia Consultant for specialised care planning
- Basic assessment and monitoring of unwell residents
- Continence care (including supplying continence products)
- Liaising with medical doctors and specialists, pharmacy and allied health professionals (physiotherapist, occupational therapist, podiatry, etc.) to allow a holistic approach to your care needs
- Assistance with medication management.



Showering and grooming

We can help you look and feel your best with personal care services delivered with respect and dignity. We can help you with showering, dressing, grooming and personal hygiene needs.

We will turn up at an agreed time, so you won't be waiting around for your support to arrive.



Medication management

As we age, problems like memory loss or poor eyesight can start to impact the practical aspects of taking medication. The number of medications prescribed also tends to increase as we get older and this can become challenging to manage.

Our Care Team can help you to manage your medications to prevent you from accidentally taking more than you need, or not taking enough. We will work together with your general practitioner and pharmacist to find solutions to medication management challenges.



Social support

We can arrange access to external support services such as social clubs to help you get more involved in your local community:

- Day Centres
- Dementia Support Australia
- Town of Cambridge
- Cambridge Library
- Alzheimer's WA.

“ Every night we say to one another,
we absolutely enjoy living here”

Maxwell Reddin





Our Wellness Program

Our Wellness Program is all about enhancing your quality of life through a holistic approach to wellbeing. We believe that change can be invigorating.

“It’s a no brainer!
The best thing we
could do!”

Diana Reddin

Our staff are all university-qualified Exercise Physiologists who have developed a unique service for our Ocean Gardens community. Our program is provided at no additional cost to residents and includes:

Group exercise classes: Meet your neighbours in a fun, social, and non-competitive environment! With a variety of class styles and over ten classes available each week, we believe you will find just the right fit for you. Some of our classes on offer:

- **Fun Fit:** Resistance and cardio exercises to music using dumbbells
- **Stability & Balance:** Lower body strength and balance for falls prevention
- **Chair Fit:** Seated classes for those with mobility limitations
- **Tai Chi for Arthritis & Wellbeing:** Incorporating Tai Chi for Arthritis and extension movements
- **Aqua Moves:** Resistance and cardio exercises in water
- **Gym Strong:** Circuit class for improving general and overall strength
- **Stretch & Restore:** Seated class incorporating Tai Chi moves, stretching and mobility exercises and breathwork.

Individual exercise sessions: Tailored to meet your specific needs and goals, these sessions include a comprehensive pre-exercise assessment and screening before we develop a program appropriate for your level of activity and goals. Sessions are delivered in the gym, your own home, or the pool and are a great way to support external physiotherapy programs, and improve surgical and therapy outcomes.

Events and guest speakers: These are regularly organised at no, or low cost, to residents. Themes and topics vary, covering a broad spectrum of health and wellbeing issues, and we invite suggestions on topics of interest to help you be proactive in managing your own health.

Gym & pool induction: The gym and pool are for all residents to enjoy and we hope that you will take advantage of these facilities. We provide an induction and walk through of facilities to help you become familiar with the layout of the gym and pool, use of equipment and safety features, and most importantly, what to do in an emergency.

Our gym facility: Commercial-grade gym and rehabilitation equipment are available for you to energise your body and mind. Our range includes:

- Dual-pulley cable machine
- Ergonomically designed leg press
- Stationary and recliner bicycles
- Treadmill
- Rowing machine
- Handheld free weights
- Stability balls and other balance enhancers
- Exercise mats and resistance bands.

Our pool facility: A beautiful outdoor pool with easy stair entry is heated all year round and perfect for lap swimming, fun aqua classes, or individual hydrotherapy-style sessions with our Wellness Team.

The Wellness Team strive to provide a service that can help to empower you to maintain your health, fitness, and overall wellbeing to remain in your own home longer. Our programs enhance the vibrancy within the village for residents to enjoy living in this thriving community.



“ Lots of little things we
don't know about, until
they start falling into place. ”

Gary Staples

Frequently Asked Questions

Am I eligible for home care services?

You can choose which services to include in your self-funded home care services through Ocean Gardens at any time and, depending on your circumstances, you may also be eligible for government funding.

To find out what level of funding you are eligible for, you will need to be independently assessed through the Aged Care Assessment Team. We can help you arrange a free referral, or you can register yourself with My Aged Care by visiting www.myagedcare.gov.au

How much do home care services cost?

The cost of self-funded home care services through Ocean Gardens depends on the services you choose. We can provide you with a quote outlining the costs once you have decided what services you require.

The total cost of a government-funded Home Care Package consists of:

- What you need to pay (your contribution). This is determined by an assets and income test through Services Australia (means test) www.servicesaustralia.gov.au
- What the Australian Government pays (the subsidy)

A different subsidy amount is paid for each of the four levels of Home Care Packages. The amount is paid to the home care provider that you choose. More information on government subsidies can be found by visiting www.myagedcare.gov.au

We're here for you

Our Care Team is here to help you in any way they can. We can assist you with navigating the ACAT system and applying for government-funded services. We can also help you to switch to Ocean Gardens as your home care provider. Simply contact our Care Team on 9285 3032.

We look forward to helping you!

We're here to *help*

If you would like to know more about
our Care Support Services:

Call 9285 3032

Email WellbeingAdmin@oceangardens.com.au

Visit oceangardens.com.au

Connect with us

The best way to stay up to date with what's
going on around the village is to follow us on

 [@oceangardensretirementliving](https://www.facebook.com/oceangardensretirementliving)

 [@oceangardens_retirementliving](https://www.instagram.com/oceangardens_retirementliving)

You can also find the latest edition of our
monthly newsletter by visiting our website.

