



Flora McDonald



Meet your new home in the heart of Adelaide.

Here, you'll find comfort, care and company, in the centre of it all.

Courtyards and gardens provide restful outlooks and outdoor spaces. Rooms are spacious and well-appointed. Inviting communal areas host leisure activities and the company of fellow residents.

Living here, your health, wellbeing and independence will be our top priority every day. Because at Calvary, caring for others is what we care about most.

Start a new chapter by joining us at Calvary Flora McDonald.



welcome



Set in the friendly community of central Cowandilla, this is a warm and welcoming place to call home.



Gardens and courtyards provide peaceful places to quietly relax or to connect with company.



Resident rooms are designed for comfort and relaxation—so you'll feel rested and ready to make the most of every day here, at Calvary Flora McDonald.



lifestyle

The perfect
Sunday roast



Communal dining



Relax and enjoy



Delicious food at your service.



Enjoy a taste-filled
menu prepared by
our on-site chef.

Get your day off to a great start with a tempting and tasty breakfast, and find new flavours and old favourites in the delicious lunch and dinner options. You'll never get bored with our ever-evolving seasonal menu.

Our chefs take great pride in designing a menu that caters for varied tastes, and great care in preparing all meals, ensuring all dietary requirements are followed.

Dine with your fellow residents in our communal dining area or in the comfort of your own room with meals delivered to your door. Indoors and out, you'll always find somewhere to enjoy a cuppa and a chat.

breakfast

- Continental breakfast spread including cereals and porridge
- Fresh fruits with yoghurt

lunch

- Farmhouse beef hot pot
- Cinnamon pears with custard

dinner

- Hearty Scotch broth
- Roast chicken with vegetables
- Queens pudding with cream



From cooking and crafts to beach visits and barbecues, there's always something to keep you busy.



Relax and unwind with a haircut or treatment at our on-site salon.



*"With our own lovely salon, I always walk out with a smile on my face."
- Calvary Resident*



body mind

self-care



Do what you love or discover something new.

Our personalised lifestyle options support your health and wellbeing.

We provide a range of activities designed to keep mind and body active and deliver a healthy dose of enjoyment. There's something for all residents, including those with reduced abilities. We know that everyone benefits from keeping active, being creative and having fun.



Here you'll find lots of options to match your interests and make your day. Try a new activity that brings out your creative side. Join group activities such as exercise classes, table games, movie nights, music sessions and more. We keep strong ties to the community around us, with regular outings and invitations to local guests—which residents always enjoy.

“Music sessions and art therapy can have powerful benefits. Residents with very different abilities can still think and act creatively.”

*– Calvary
Diversional Therapist*



keeping you safe



Providing a lifetime of care is our life's work.

At Calvary Flora McDonald, we deliver the highest levels of clinical and residential care in a comforting and modern environment.

We have a stringent Covid-19 Outbreak Strategy and are committed to keeping our residents and staff safe. Each of our residents has access to a 24-hour emergency call system, so you can rest assured that someone is always on hand should you need support in your new home.

We offer a level of care that is personalised for each resident, including access to preferred GP and therapy plans tailored to meet everyday needs.

We are always seeking new ways to learn and to improve our services, quality standards and safety of care. We know well that working in partnership with our patients, residents and clients will help to ensure the best possible experience for all.



**you
matter
to us**

Compassion is at the heart of all we do.

Our goal?
To deliver excellent care, every day.

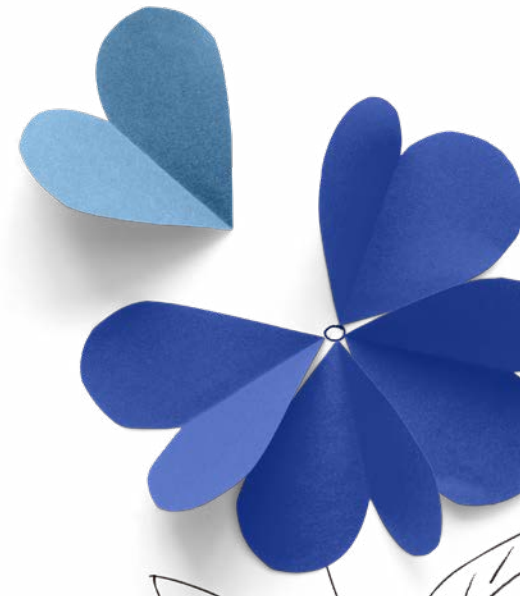
We are proud that the majority of the staff who work at Calvary Flora McDonald are Calvary employees. This allows us to build strong teams and provide a consistent standard of care.

All staff undergo a rigorous Calvary-led recruitment process and continue to be trained and educated on the job.

We follow the principle that happy staff means happy residents and we are united by our common goal to deliver exceptional care to our residents.

We are also united in our motivation for care—which is beautifully summed up in these heartfelt comments by one of our Clinical Coordinators:

“Trying to make a difference in our residents’ lives is my biggest motivation. It’s a great feeling to provide care with dignity and respect. It gives me peace of mind, and it gives that also to their families, knowing that their loved one is in good hands.”

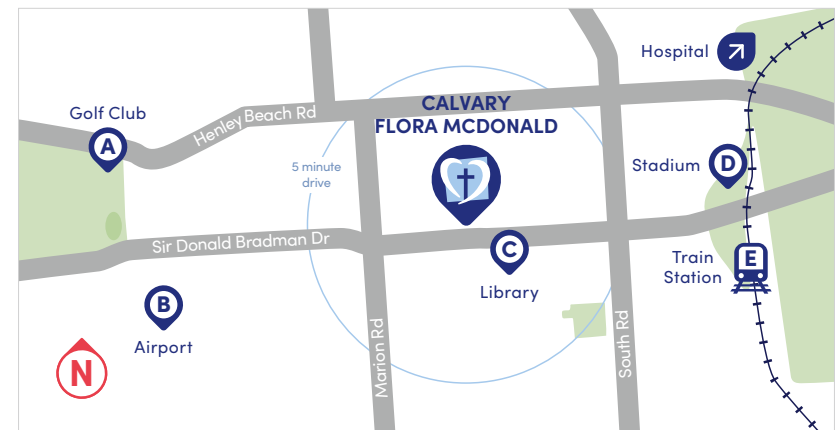


love where you live

Staying in or going out? Here, you will enjoy the best of both.

Set between the coast and the city, we are close to so much. Shops, amenities and the Hilton Plaza shopping mall are just down the road. There are things to see and do in every direction, and buses close by to take you to all of it. We also take group trips out and about.

At home, you'll enjoy welcoming shared spaces, the comfort of your own room with ensuite, and the reassurance of 24-hour care. Reflecting this rich cultural area, our facilities include a wing dedicated to Vietnamese culture and tastes, attended by bilingual staff. All are welcome here.



- A** Kooyonga Golf Club
- B** Adelaide Airport
- C** Hamra Centre Library
- D** SA Athletics Stadium
- E** Adelaide Parklands Terminal
- 7** Royal Adelaide Hospital 9 minute drive

Amenities and care.

- Private rooms
- Lounge areas
- Gardens and courtyards
- Culture wing
- Memory support
- Short-term Respite
- Rehabilitation Care
- Residential Aged Care
- Permanent Care

Short-term Respite

This respite gives other carers a break from the physical care of a loved one, or provides care for an elderly person leaving hospital but not yet ready to return home. Usually this is a two-week minimum stay. Meals, cleaning and clinical care are provided. Residents are invited to join the leisure and lifestyle activities available.

Rehabilitation Care

Our Rehabilitation Care provides short-term support for those who qualify for this service. The major goal of rehabilitation is to achieve functional mobility and self-care with minimal assistance. Our on-site physio/OT and care coordinator work together to tailor a comprehensive rehabilitation program to best suit individual requirements.

Residential Aged Care

Residential Aged Care is the term given to permanent living within one of our homes. For our residents we provide 24-hour care, beautiful and homely accommodation, meals and domestic services, as well as social and mental stimulation through the leisure and lifestyle activities available. Care is tailored to the individual.



comfort



personal

Not sure where to start?
Calvary Assist will help you to navigate
to the right care for your needs.



support

Enquire today and speak with our friendly staff
at Calvary Assist: **1800 52 72 72**

Monday to Friday, 9am–5pm



our
heritage


Continuing the Mission of the Sisters of the Little Company of Mary.

It all started with six courageous sisters on a mission to care for those in need.

In an abandoned stocking factory in Nottingham, England, Venerable Mary Potter and the Sisters of the Little Company of Mary began their mission of caring for the sick and dying. Inspired by the women who stood steadfastly with Jesus as he died upon the cross at Calvary, six courageous Sisters

sailed into Sydney in 1885 where they immediately began to care for those in need. Thus began Calvary's enduring legacy of care in Australia. Today, we continue their mission in that same Spirit of Calvary in our hospitals, home and virtual care services, retirement living and residential aged care homes.



A photograph of two hands, one larger and one smaller, cupping a light-colored heart-shaped card. The card has the text "Always handling with care and patience." written on it. The background is a light blue gradient with decorative circular patterns.

*Always handling
with care
and patience.*



Flora McDonald

206 Sir Donald Bradman Drive,
Cowandilla SA 5033

Enquire today with Calvary Assist: **1800 52 72 72**

To view our other locations, visit: calvarycare.org.au