

# Residential Aged Care



The Regent

Hospitality  
Healing  
Stewardship  
Respect

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

# WELCOME TO CALVARY THE REGENT

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Set within leafy Mount Waverley, The Regent is a new, stylish aged care home, boasting a range of accommodation options and outdoor spaces overlooking the stunning Valley Reserve. Each of the 105 rooms has been finished to the highest standard, with private ensuites and modern technology. Floor-to-ceiling windows flood the home with natural daylight and a contemporary colour palette creates a warm and welcoming living environment.

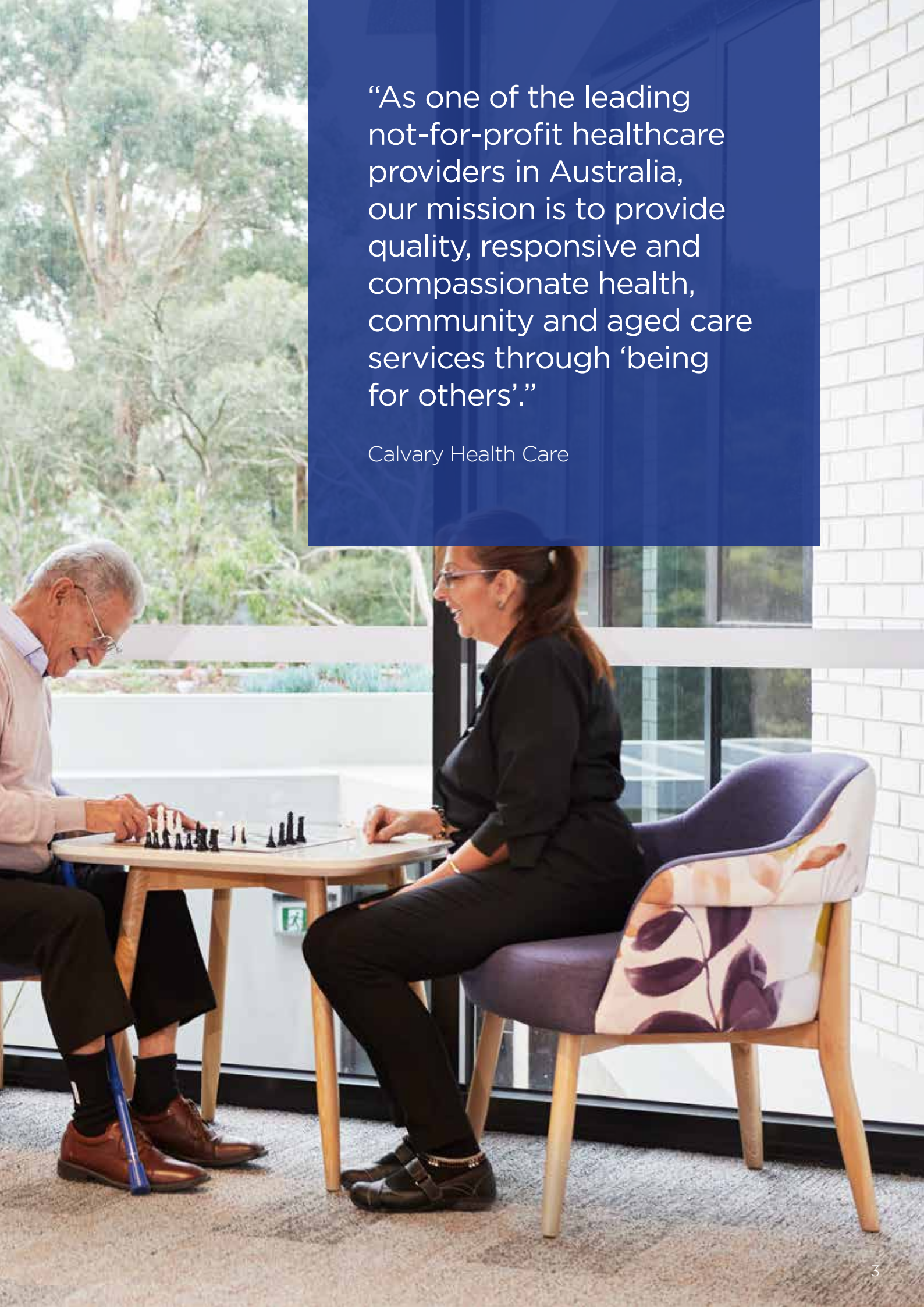
The extensive lifestyle program and onsite facilities have been designed to ensure residents enjoy life in their new Calvary home. Whether that's unwinding in the courtyard with a book, raising a glass with friends in the bar, or keeping active in the gym where a personal trainer can be on hand to offer support.

Our home has also been sensitively designed to include a secure environment for those living with dementia, with innovative technologies to encourage active engagement. Living with us also means remaining an active part of the local community with shops, parks and cafes all close by. In every way, we want you to enjoy the full quality of life for which Calvary is renowned.



“As one of the leading not-for-profit healthcare providers in Australia, our mission is to provide quality, responsive and compassionate health, community and aged care services through ‘being for others’.”

Calvary Health Care



# LIFESTYLE



## Community, Entertainment & Education

From movie nights to local excursions, there's always something happening at The Regent. Our lifestyle program offers a rich and rewarding range of activities designed for the wellbeing of everyone.

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Watch your favourite film, enjoy a music performance and join in the fun of a singalong.

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With a range of courtyards and gardens, there are outdoor spaces for everyone to enjoy.

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Keep your mind healthy and sharp with a range of board games, cards, quizzes and other social activities.

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With local community visits, you'll stay connected to everything you already love about the neighbourhood.

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Brush up on a skill or develop a new passion, with a range of activities on offer such as woodwork, dance, art and craft.

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Enjoy the convenience of a haircut or manicure without leaving home.

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# CARE



## Health, Wellbeing & Safety

At Calvary, we offer a level of care suited to each resident's needs with around the clock care. Our home has been sensitively designed to include a secure environment for those living with dementia, with innovative technologies such as an Oceanic interactive wall which encourages active engagement for those with dementia.

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Registered nurses onsite 24 hours a day,  
7 days a week

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Respite and permanent care available

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Caring, committed and compassionate staff

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Secure, specialised area for those living  
with dementia

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Aromatherapy, speech therapy, physiotherapy,  
podiatry and pet therapy

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Individualised support and therapy plans

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Visits from your own doctor or specialist

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Palliative care

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### COVID safe

We have a Covid-19 Outbreak Management Strategy and are committed to keeping our residents and staff safe.

# FOOD



## Healthy, Hearty & Delicious

We serve a seasonal menu prepared fresh by our chef. Here's just a taste:



## Sample Menu

### BREAKFAST

Continental breakfast buffet



Cereals, fruits and porridge



No set time

### LUNCH

Homemade quiche lorraine and garden salad



Vanilla cheesecake with berry coulis

### DINNER

Cream of tomato soup



Roast chicken and vegetables



Queens pudding with cream

**STAY**

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Our accommodation, along with a range of indoor and outdoor spaces, provides a welcoming and supportive place to live. Our generously-appointed rooms are ideal for privacy while receiving the benefits of 24-hour care.

## Cosy, Comfortable & Modern

Private rooms available, all with private ensuites

Suites with kitchenettes

Lounges and dining areas

Gardens and courtyards

Gym

Café

Theatre

Wellness Centre with massage, and hair and nail salon

Free WiFi



# STAFF



## Passionate, Professional & Dedicated

Our staff are at the centre of Calvary. We follow the principle that happy staff means happy residents and we are united by our common goal to deliver excellent care, every day.

We are proud that almost everyone who works at The Regent is a Calvary staff member, including our care, kitchen, maintenance and cleaning staff. This means we have all undergone the rigorous Calvary recruitment process and that we are being frequently trained and educated in our professions.

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Home Manager with a nursing background

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Qualified care staff, guided by our 135 year history in care

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Stringent recruitment process

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Continuous training and education

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# LOCATION



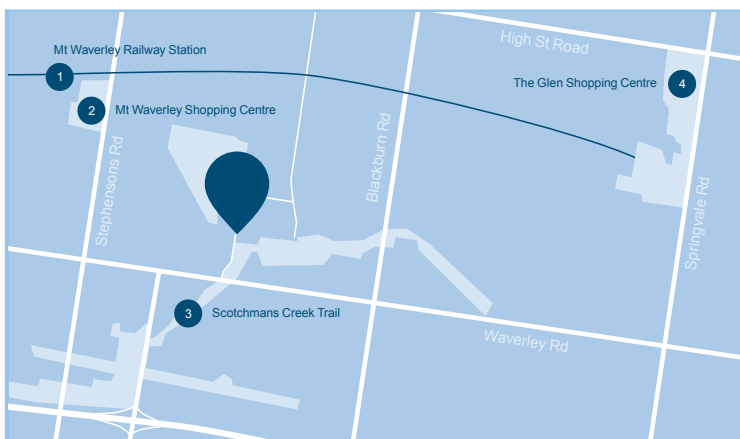
## Picturesque, Friendly & Accessible

A natural environment to feel at home.

The Regent is ideally positioned to enjoy the best of both worlds: a sanctuary nestled in a quiet residential area, with plenty of local shopping and lifestyle options close to home. Our proximity to the M1 and train stations make visiting easy from around Melbourne.

Our location is set among lush parks and green spaces, with Valley Reserve and Regent Street Reserve on either side, and Scotchmans Creek Trail just moments away for leisurely strolls surrounded by nature. Local shops and cafés are also close to home, as well as the extensive retail, dining and entertainment choices of Chadstone and The Glen shopping centres.

We arrange regular group and individual outings, and because we believe in maintaining close links with our community, we also enjoy regular visits from guests and local organisations.



### Waverley Hospital

1.4 km, 4 min drive



### Scotchmans Creek

500 m, 7 min walk



### Pinewood Shopping Centre

1.4 km, 4 min drive

# LIVING + JOURNEY



## Individual Care & Wellbeing

We ensure that you are cared for. At Calvary The Regent, you can enjoy the following aged care services:

### Short-term Respite

Respite care is ideal for when family and friends need a short break from looking after their loved one, or when an elderly person has left hospital and is not quite ready to return home. Individuals generally stay for a minimum two weeks. Meals, laundry, cleaning and any clinical care required are all provided, and residents are encouraged to take part in the leisure and lifestyle activities available.

### Residential Aged Care

Residential aged care is when an individual moves into one of our homes. They have the benefits of 24-hour care, beautiful and homely accommodation, meals and domestic services, and both social and mental stimulation through the leisure and lifestyle activities available. Care is tailored to the individual.

### Rehabilitation Care

Rehab care is short-term, supporting older people following a hospital stay. The major goal of rehabilitation is for older people to achieve mobility and self-care with minimal assistance. Our on-site physiotherapist and care coordinator will work together with you to tailor a rehabilitation program that best suits you.



“At Calvary Assist, we will help you navigate the journey to the care that is most suitable, ranging from respite to residential aged care, dementia care or palliative care.”

Jess Suraci  
Calvary Assist Manager



## Trust, Support & Confidence

Calvary has a long history of supporting our residents as they take the journey into aged care - and we know there's a lot of questions.

That's why in 2019, we created the Calvary Assist team. Formed from our most passionate and caring team members who have a wealth of experience, our dedicated customer service team is here to assist you with every step of your journey. From enquiring about homes in your area to providing assistance and guidance in understanding the aged care journey, our Calvary Assist team is here to help.

Calvary Assist - 1800 52 72 72  
Monday to Friday, 9am-5pm

# ENQUIRE TODAY

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To arrange a complimentary tour, please call us on **1800 52 72 72** or visit **[calvarycare.org.au](http://calvarycare.org.au)**



Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation.

Our mission is to provide quality, responsive and compassionate health, community and aged care services through 'being for others'.

With over 18,000 staff and volunteers, we have a national network of 14 Public and Private Hospitals, 72 Residential Aged Care and Retirement Villages and 19 Community Care service centres.



Calvary would like to thank all residents, family members and staff who helped to create this brochure.

Where images from this home are unavailable, photography from our other homes may be used.

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Calvary The Regent  
35-39 Regent Street  
Mount Waverley VIC 3149  
Call 1800 52 72 72