

# Residential Aged Care



Kingston Gardens

Hospitality  
Healing  
Stewardship  
Respect

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

# WELCOME TO CALVARY KINGSTON GARDENS

Located in the heart of friendly Springvale South, Kingston Gardens offers a social and scenic place to call home.

Most of our rooms look onto our beautifully maintained gardens and courtyards – the perfect place to enjoy time with fellow residents and visiting friends and family. Verandas and outdoor seating provide the ideal spot for some quiet time or catch up with visitors or fellow residents in our onsite cafe.

With an emphasis on community, we welcome visitors at any time and we're proud to be an established and well-loved part of the neighbourhood.

Complete with a range of modern facilities and contemporary design, we look forward to welcoming you to Kingston Gardens to enjoy all Calvary can offer, in the most picturesque of settings.



“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

There's always something happening at Calvary Kingston Gardens. Our personalised lifestyle options offer a rich and rewarding range of activities designed for the wellbeing of everyone.

Watch movies in style, enjoy a musical performance or fun singalong.

Lawn bowls, morning walks, group exercise classes and more offer a variety of ways to stay active.

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

Treat yourself to some quiet time just for you, relaxing with a massage or an aromatherapy treatment.

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

With the convenience of an on-site hairdressing salon, you can keep looking your best without leaving home.



## CARE



## FOOD



### Health, Wellbeing & Safety

With round the clock care, the health of body and mind rests in the best of hands. We offer a level of care suited to each resident.

Permanent aged care and respite

Memory Support Unit for people living with dementia

24/7 nursing care

Individualised support and therapy plans

GP of your choice

Palliative care options available

### Healthy, Diverse & Delicious

We serve a seasonal menu prepared fresh by our chef, inspired by the cultural diversity of Springvale. Traditional Asian and Western dishes are all part of the menu.



#### COVID safe

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

### Sample Menu

#### BREAKFAST

Continental breakfast spread



Cereals and porridge



Fresh fruits with yoghurt

#### WESTERN LUNCH

Farmhouse beef hot pot  
Cinnamon pears with custard



#### ASIAN LUNCH

Vietnamese broth  
Chicken in caramelised soy sauce  
Stir fried steamed vegetables  
Steamed rice

#### WESTERN DINNER

Hearty scotch broth  
Chickpea curry with rice and green beans  
Queens pudding with cream



#### ASIAN DINNER

Homemade chicken pho  
Fresh fruit salad with yoghurt and mint

STAY



Our accommodation, along with a range of indoor and outdoor spaces, provides a welcoming place to live. Enjoy the privacy of a single room, while receiving the benefits of 24-hour care.

Respite, day respite and permanent care available

Private rooms with private ensuites

Private dining room

Memory Support Unit for those living with dementia

Wellness centre

Courtyards

## Friendly, Multicultural & Uplifting



### Culture specific rooms

Our home offers a Vietnamese wing tailored to Vietnamese culture, tastes, bilingual staff etc.



## STAFF



## LOCATION



### 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 Kingston Gardens 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.

Home Manager with a nursing background

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

Stringent recruitment process

Continuous training and education

### Picturesque, Accessible & Convenient

Located in the peaceful suburb of Springvale South, Kingston Gardens is surrounded by the greenery of parks and nature reserves.

At Kingston Gardens, we encourage a sense of community and cater to our multicultural locality to ensure all our residents feel safe and at home at Kingston Gardens. Offering a variety of drives to surrounding areas, day trips to the local shopping precinct, and special meals at nearby cafes and restaurants, life at Kingston Gardens offers plenty to do close to home.



**Dandenong Hospital**  
8.8 km, 15 min drive



**A Wilkie Nature Reserve**  
1.3 km, 3 min drive



**Noble Park Football Club**  
2.8 km, 6 min drive

# LIVING + JOURNEY



## Individual Care & Wellbeing

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

### Day Respite

This option gives individuals the benefits of residential care on a short-term basis, either for a day or an overnight stay. Meals and supported care are provided for the duration of the stay, and individuals are invited to participate in the leisure and lifestyle activities available at the home.

### 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

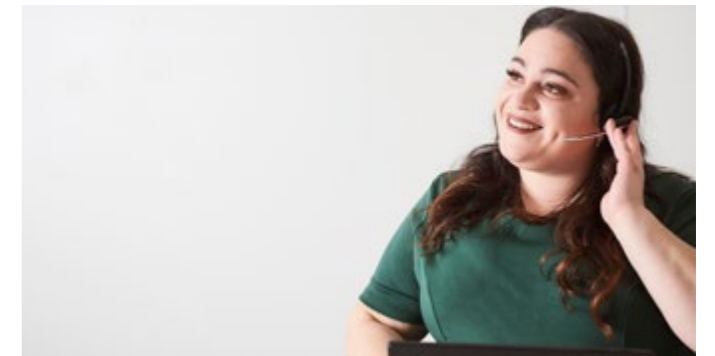
Residential aged care is when an individual moves into one of our homes. They have the benefits of 24-hour care, beautiful and homely accommodation, meals and domestic services, and both social and mental stimulation through the leisure and lifestyle activities available. Care is tailored to the individual.

### 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

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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