



Calvary

# Barongarook Gardens

Hospitals | Home Care | Virtual Care | Retirement Living | **Residential Aged Care**



## Peaceful and picturesque, in the centre of Colac.

Here, you'll find tranquil living in leafy surrounds.

Courtyards and gardens provide restful outlooks and outdoor spaces. Rooms are spacious and well-appointed. Communal areas host recreational activities and good company.

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 Barongarook Gardens.



# welcome



You'll love the calm and comfort of this friendly home in the close-knit community of the Colac township.

Stroll along the garden paths or catch-up with company in the courtyard.



Your own room here includes its own courtyard and is designed for comfort and relaxation – leaving you rested and ready to make the most of every day.



# lifestyle

Favourite food  
and fresh flavours



Communal dining



Relax and enjoy



## Delicious food at your service.



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

Whether it's a hearty,  
farmhouse-style beef hot  
pot for lunch, or a roast  
chicken with vegetables and  
a red pepper soup for dinner,  
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.

Join with your fellow residents for  
breakfast, lunch or dinner in our  
communal dining area, or tuck  
in from the comfort of your own  
room. Indoors and out, there are  
lovely spots 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*

- Roasted red pepper soup
- Roast chicken served with vegetables
- Queens pudding with cream



From woodwork and walking groups to barbecues and bus trips, there's always something to keep you busy.



'Me' time? Our on-site salon will keep you feeling and looking your best.



**body mind**



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

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**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 to keep mind and body active, adding a healthy dose of enjoyment along the way.

Whether you're a fan of a morning walk, a trivia night, or a new hobby that brings out your creative side, there's plenty to choose from.

Outdoors, there are peaceful backdrops for gentle exercise and BBQs. Indoors, table games and quizzes, pool competitions, movie nights and sing-alongs provide good fun and company. When it's time to relax, our hydrotherapy spa facilities will be pure bliss.



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

*– Calvary  
Diversional Therapist*

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# keeping you safe



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

At Calvary Barongarook 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 Barongarook Gardens are Calvary employees. This allows us to build strong teams and provide a more 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.”



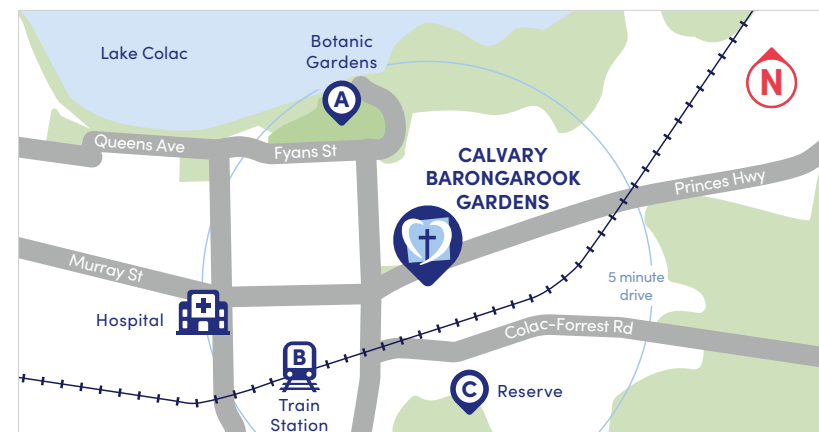


love where  
you live

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

Calvary Barongarook Gardens sits in a quiet residential pocket, just a few blocks from the town centre, close to shops, cafes and local amenities. Residents enjoy the many scenic attractions of this area including the Colac Botanic Garden, Otway Forest Park and the shores of Lake Colac.

At home there's comfort and 24-hour care. Choose a single or companion room with ensuite and private courtyard, and find plenty of company in recreational areas. We share our site with the Barongarook Gardens Retirement Village – allowing couples with different care needs to remain close.



**A** Colac Botanic Gardens

**C** Eastern Reserve

**B** Colac Train Station

**H** Colac Area Health Hospital

# Amenities and care.

- Private rooms
- Gardens and courtyards
- Theatre and chapel room
- Physio and podiatry
- Speech therapy
- Hydrotherapy bath
- Short-term Respite
- Rehabilitation Care
- Residential Aged Care
- Permanent Care

## Short-term Respite

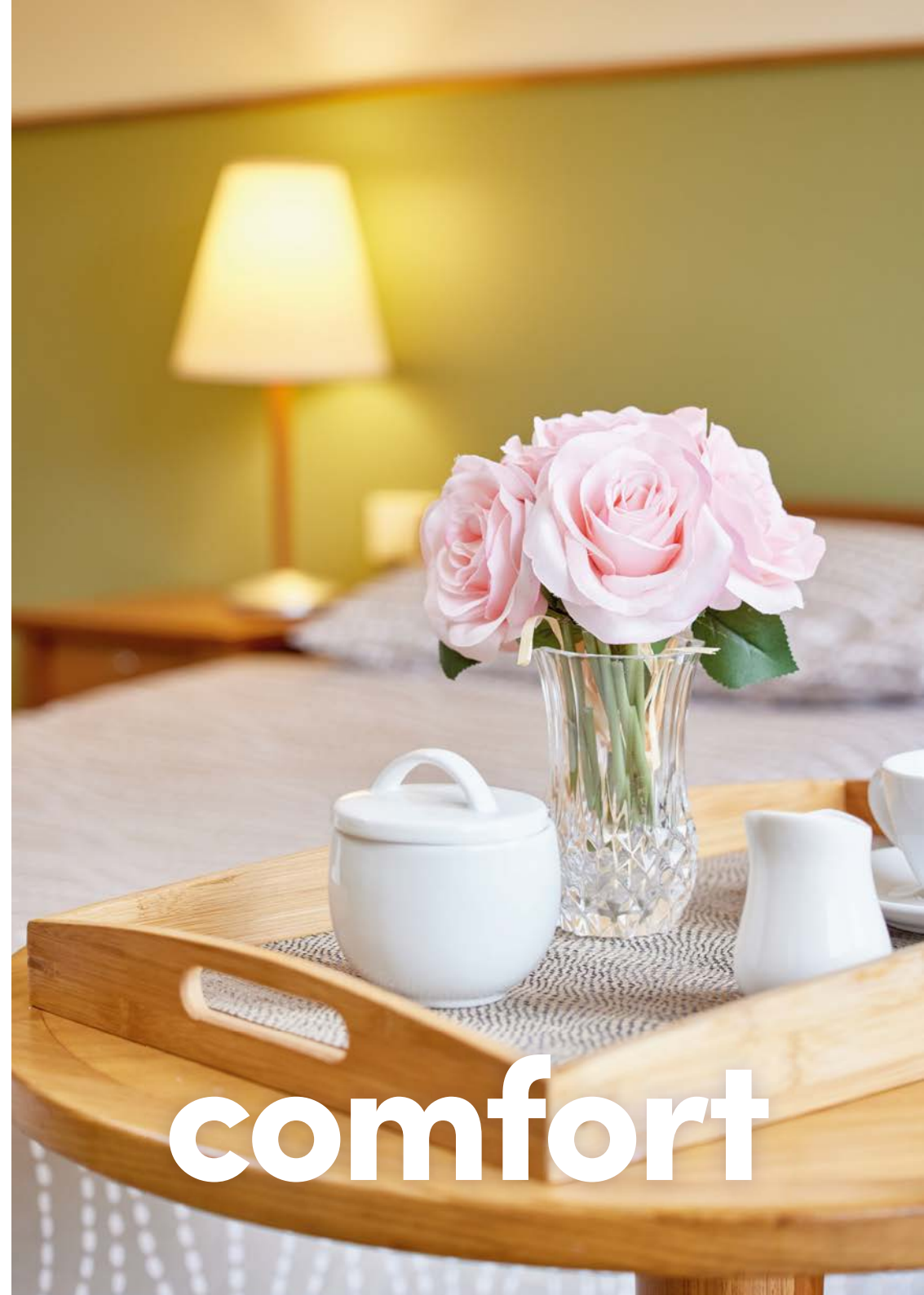
This respite gives other carers a break from the physical care of a loved one, or provides care for an elderly person leaving hospital but not yet ready to return home. Usually this is a two-week minimum stay. Meals, laundry, cleaning and clinical care are provided. Residents are invited to join the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

## Rehabilitation Care

Our Rehabilitation Care provides short-term support for older people following a hospital stay. The major goal of rehabilitation is to achieve functional mobility and self-care with minimal assistance. Our on-site physiotherapist 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.





*Always handling  
with care  
and patience.*



**Barongarook  
Gardens**

8-32 Murray Street East,  
Colac Vic 3250

Enquire today with Calvary Assist: **1800 52 72 72**  
To view our other locations, visit: [calvarycare.org.au](http://calvarycare.org.au)