



Calvary

Capel Sands

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



**Easy, breezy coastal living.
Say “hello” to your new
home next to the sea.**

Here, you'll find care and comfort close to the foreshore in Capel Sands.

Courtyards and gardens provide restful outlooks and outdoor spaces. Rooms are spacious and well-appointed. Welcoming communal areas host leisure 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 at Calvary Capel Sands.



welcome



There's a special pace of life when you're close to the coast. Here, you can be as social or relaxed as you choose.

Take a quiet moment or catch-up with company in one of our four, themed courtyards.



Our resident rooms are designed for comfort and care—to help you to feel rested and ready to make the most of each day here, at Calvary Capel Sands.



lifestyle

Tastes to tempt you



Cafe open daily



Sweet treats to eat



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. During the day you'll find sweet treats and savouries, hot drinks and refreshments in our own cafe.

breakfast

- Continental breakfast spread
- Cereals and porridge
- Fresh fruits with yoghurt

lunch

- Farmhouse beef hot pot
- Cinnamon pears with custard

dinner

- Hearty Scotch broth
- 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.



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

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



body

mind

self-care



Do what you love or discover something new.

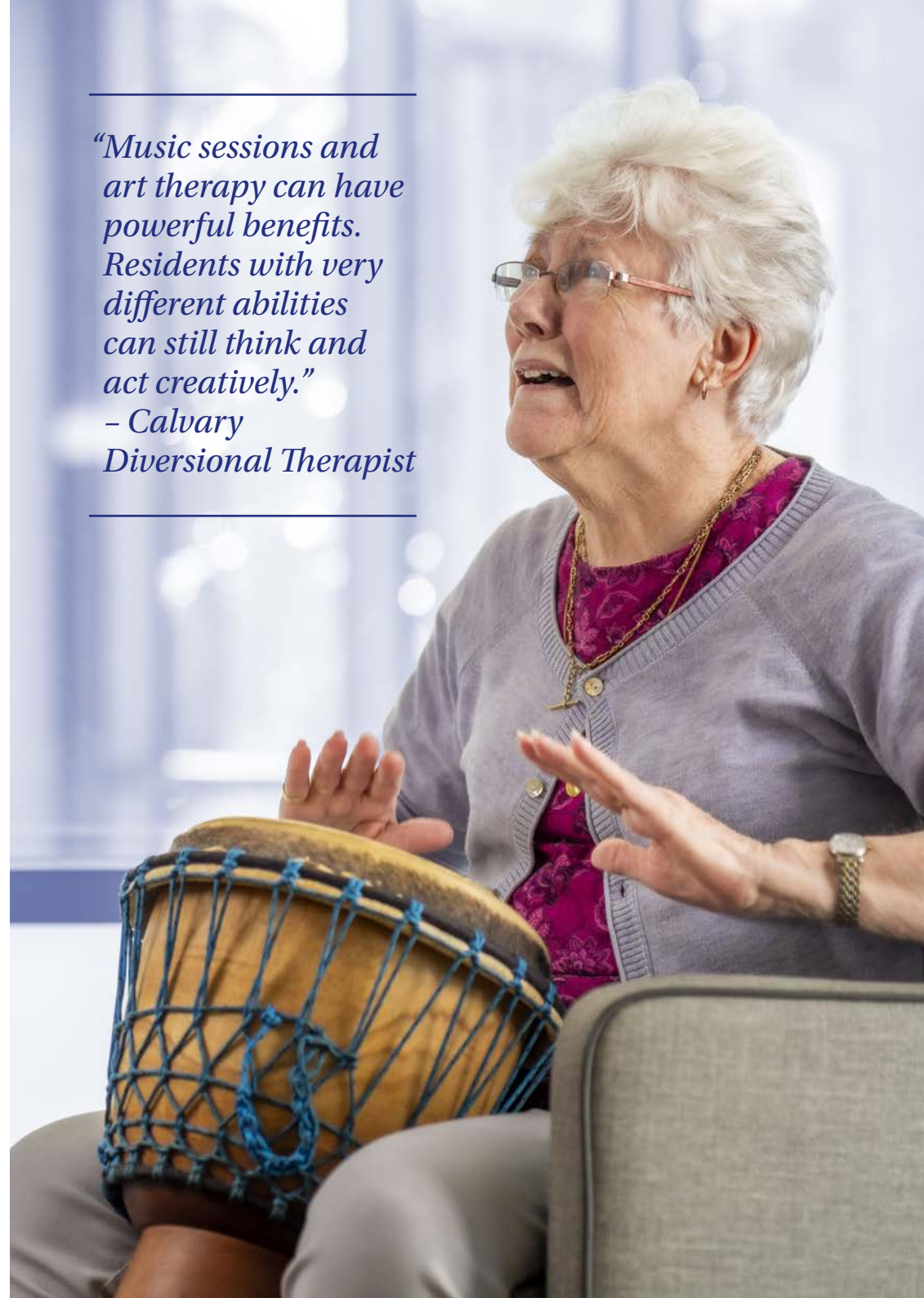
Our personalised lifestyle options support your health and wellbeing.

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 in on 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 extending invitations to local entertainers and speakers to visit us.

“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 Capel Sands, 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.

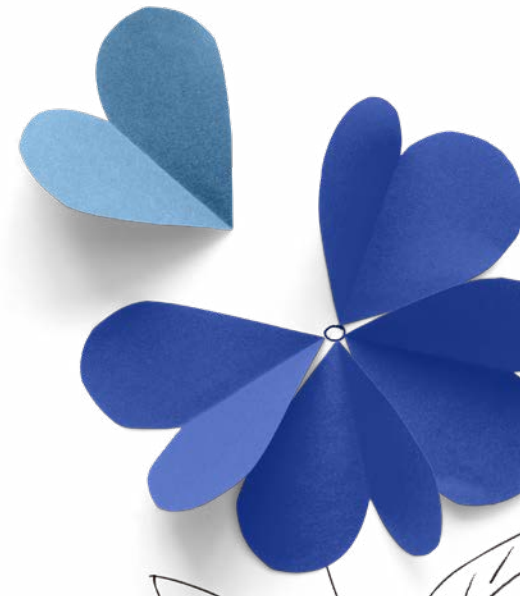
We are proud that the majority of the staff who work at Calvary Capel Sands are Calvary employees. This allows us to build strong teams and provide a consistent standard of care.

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.”



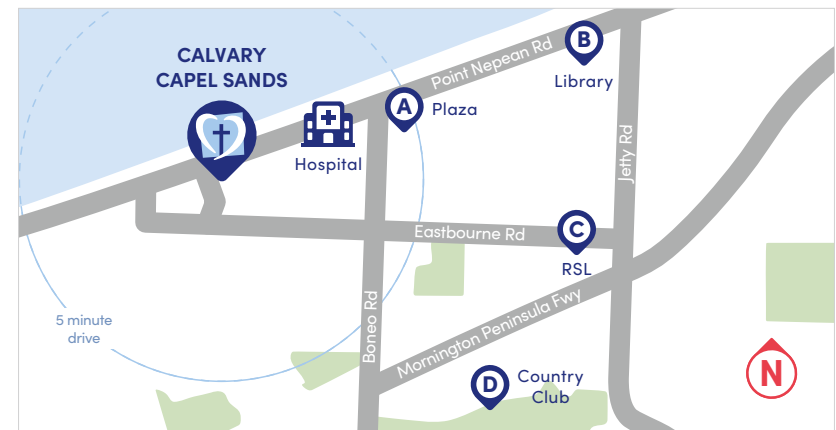


love where
you live

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

It's a nice life here beside the seaside. The sandy shores are just a few minutes away, as are local shops, cafés and amenities. There's shopping, eateries and entertainment in neighbouring Rosebud, and further afield on the Mornington Peninsula. We also plan regular trips out and about.

At home, you'll enjoy every comfort and the reassurance of 24-hour care. For your accommodation choose a private, ensuite room or companion room with bathroom. When you feel like company, there are welcoming shared spaces for spending time with visitors and fellow residents.



- A** Rosebud Plaza
- B** Rosebud Library
- C** Rosebud RSL Club
- D** Rosebud Country Club
-  Rosebud Hospital

Amenities and care.

- Private rooms
- Lounging and dining areas
- Gardens and courtyards
- Well-stocked library
- On-site salon
- Private dining room
- Sensory program
- Short-term Respite
- Rehabilitation Centre
- Residential Aged 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.



A pair of hands is shown from the top, 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.*



Capel Sands

8-16 Capel Avenue,
Capel Sound Vic 3940

Enquire today with Calvary Assist: **1800 52 72 72**
To view our other locations, visit: calvarycare.org.au