

Rumbalara House & Adelene Court

RESIDENTIAL CARE


Adelene





ENRICHING LIVES *AND INSPIRING* MEANINGFUL CONNECTIONS

OUR ETHOS

- C** Continually provide a safe and homelike environment
 - A** Achieve and maintain each resident's optimum level of health
 - R** Residents' rights to dignity, privacy and freedom of choice are respected
 - E** Encourage residents to lead an independent and an active lifestyle as possible
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Welcome

TO ADELENE

Nestled in a gully, among the tranquil bushland of the NSW Central Coast, is a warm and welcoming community at Adelene. Independent and intimate, Adelene's state-of-the-art facilities look out into the timeless beauty of the bushland of Rumbalara Reserve. With two residential care options: ageing-in-place at Rumbalara House and supported aged care at Adelene Court. Adelene offers quality, person-centred residential care, as well as respite and palliative care.

The wellbeing of our residents is at the heart of everything we do, and we take a holistic approach to aged care, with a strong focus on building relationships and becoming your partners in care.

Located in Wyoming, Adelene boasts the perfect blend of an easily accessible coastline, convenient local facilities and stunning hinterland views. While boasting a tranquil location, Adelene is conveniently located in close proximity to shops, clubs, medical and health services and public transport, as well as being just a four minute drive to Wyoming Shopping Centre or ten minutes to the central retail hubs of Gosford and Erina.





Our Living options

Our two residential living options give you the opportunity to decide which suits your needs best.

RUMBALARA HOUSE

Modern, bright and thoughtfully designed, Rumbalara House is a state-of-the-art, purpose-built residential care facility located on the Grounds of Adelene Village. With a mixture of warm, welcoming indoor areas and a number of shady, green courtyards, residents can enjoy the sunshine and fresh air, while remaining within the safety of the home.

Our rooms are spacious and private, while also being conveniently located near open shared spaces. Keeping residents connected and participating in activities that matter to them is at the heart of our team's ethos of care, and residents can enjoy a range of onsite activities, with a dedicated room and active team dedicated to providing these to residents. The sense of family and community that our residents experience comes from the strong relationships formed between residents, their families and our Rumbalara community.

Surrounded by tranquil gardens and native bushland, as well as conveniently located next to our Village Club House and on-site café, Rumbalara House offers ageing-in-place residential aged care designed to make you feel supported, while maintaining your connection to village life.

Rumbalara House comprises 50 private furnished suites, all with ensuite bathrooms, flat screen televisions, reverse cycle air conditioning and emergency call buttons. The rooms are spacious and bright, with large windows that look out to the landscaped gardens.

RUMBALARA HOUSE FACILITIES



Trained staff on hand 24 hours



Excellent ongoing education program



Assistance with daily needs such as showering, dressing and mobility



Managing medications



Nutritious meals and accommodation of special dietary requirements



Laundry and cleaning



Onsite hairdresser



Onsite and visiting library



Access to the Adelene Club House and Café



Social and recreational activities



Emergency call buttons



Visiting doctor, podiatrist, physiotherapist and occupational therapist among others



Visiting chaplains from local churches



Harmony Lounge to assist with pain management (remedial massage, TENS machine, hot packs and laser therapy).

ADELENE COURT

The ideal balance between independent living and residential care, Adelene Court is an intimate and friendly supported aged care facility. With 30 private ensuite studio apartments surrounding a central courtyard, each home boasts a bedroom, separate living area and private outdoor space.

A close-knit and welcoming community, Adelene Court is ideal for those with low care needs, looking to move into a more supported environment.

While ideal for those who value their independence, Adelene Court's apartments are cleaned by our housekeeping team, and residents also have emergency access to care staff 24 hours a day. Every unit is also fitted with a call bell and portable alarm. Nutritious chef-prepared meals are served in our centrally-located dining room, catering to all dietary requirements, and every studio opens into communal, landscaped courtyards.

Our residents enjoy a varied lifestyle and wellbeing program that offers onsite activities, concerts, exercise, arts and craft. In addition, residents are able to book excursions and outings, with a range of therapy classes and wellbeing sessions also part of the monthly calendar of events.

Living at Adelene Court gives you the freedom to enjoy your life the way you choose, while ensuring your care needs are met.



ADELENE COURT FACILITIES



Trained staff on hand 24 hours



Dedicated lifestyle and activities staff



Social and recreational activities



Cleaning



Onsite and visiting library



Access to the Adelene Club House and Cafe



Visiting hairdresser, podiatrist and an optometrist, etc



Laundry



Emergency call buttons



Dining

Nutritious and fresh meals are part of the Adelene care experience at Rumbalara House and Adelene Court.

Prepared onsite and served across our two dining rooms, our residents enjoy a variety of dishes every day. Catering for special dietary needs such as diabetic or pureed foods, our onsite chef rotates menus based on feedback from our residents and their preferences. Adding the personal touch, our residents regularly enjoy birthday cakes for their morning tea, as our chef makes birthday cakes for every resident.

Chatting over a cup of tea is often a familiar and enjoyable time with family and friends, and visitors are welcome to use the tea and coffee-making facilities or enjoy refreshments in our café within the Village Club House.

SAMPLE MENU

BREAKFAST

Cereals, porridge, toast with condiments, seasonal fresh fruit, prunes and tinned fruit

Bacon and Eggs

Tea, coffee, juice

MORNING TEA

Homemade Scones with jam and cream

Tea, coffee

LUNCH

Honey mustard roast beef with gravy and potatoes or

Creamy tomato and spinach penne

Choice of a variety of vegetables

Bread roll

Warm cake and custard, fresh fruit

Tea, coffee, juice, chilled water

AFTERNOON TEA

Homemade ANZAC biscuits

Tea, coffee

DINNER

Sweet potato and red lentil soup

Pork and apple casserole

Choice of sandwiches

Chicken salad

Spiced pears and custard





Lifestyle

Adelene has a number of lifestyle options to suit you, no matter your interests or preferences.

Our dedicated lifestyle and activities team are there to make sure every day's different. Perhaps you'll join an exercise program, sit back and enjoy a movie night, get into some crafts, or play games with other likeminded residents. For residents who may not be able to join activities in our Activity Room, our team visits individual rooms every day to make sure that no matter your care needs, you don't miss out.



Movies



Singalongs



Exercise



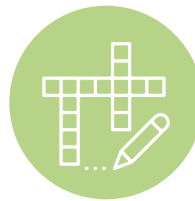
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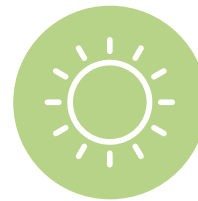
Bingo



Men's Club



Word Games



Outings

Respite care

At Adelene, we're here for you and understand that whether for a few days, weeks or months, everyone needs a break sometimes.

Adelene has a dedicated low-level care respite bed in Adelene Court and if your care needs suddenly increase, Rumbalara House has a dedicated respite room if high level nursing care is needed. With access to all the facilities our residents enjoy, as well as our dedicated care team, it's the ideal way to ensure that your loved one is safe and cared for.



Palliative Care

Our compassionate, caring and highly specialised team offer palliative care within Rumbalara House. Personalised and family-focused, a diverse team of nurses, doctors, carers and chaplaincy give dignified end-of-life care that respects your wishes, your rights and your individual needs.

Finance



We understand that dealing with the financial aspects of moving into residential aged care can be confusing and confronting, especially when the situation may be urgent or complex.

How much you pay towards care, accommodation and daily living costs vary from individual to individual and how much you pay depends on your financial situation. The Australian Government regulates this strictly to ensure that you pay no more than you can afford. The Australian Government sets the maximum fees for care and daily living expenses, and there are also rules about how much you can be asked to pay or contribute to your accommodation.

You may be asked to pay one or more of the following:

- A basic daily care fee for the cost of your daily care needs (dispensing medication, showering, cleaning etc). Depending on your financial situation this may be the only fee you need to pay.
- A means-tested care fee. This is an additional contribution towards the cost of care that some people may be required to pay. Centrelink or the Department of Veterans' Affairs (DVA) will assess if you are required to pay this fee based on an assessment of your income and assets, and will advise you how much if any you need to pay.

- An accommodation payment. This includes things such as meals, electricity and laundry. Some people will have their accommodation costs met in full or part by the Australian Government, while others will need to pay the accommodation price agreed with the aged care home. Centrelink will advise you which applies to you based on an assessment of your income and assets. Fees for extra or additional optional services.

Our aim is to make your life as easy and simple as possible. We are always happy to explain about the costs associated with the care we provide.

The Australian Government's My Aged Care service is very helpful in outlining what aged care services are available, how to apply for aged care and the fees associated with aged care.

The contact centre number is 1800 200 422 and the website is www.myagedcare.gov.au.

Our supportive and understanding team are available to assist you. Please contact us with any questions on 02 4325 3693.

What's next?

Contact us

Phone 02 4325 3693

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adelene.com.au





Adelene