

Aged care home

# Uniting Amala Gordon ACT



# Welcoming you as you are *exactly*

**Uniting Amala is a special place. Things happen a little differently to what you might think happens in a residential aged care home.**

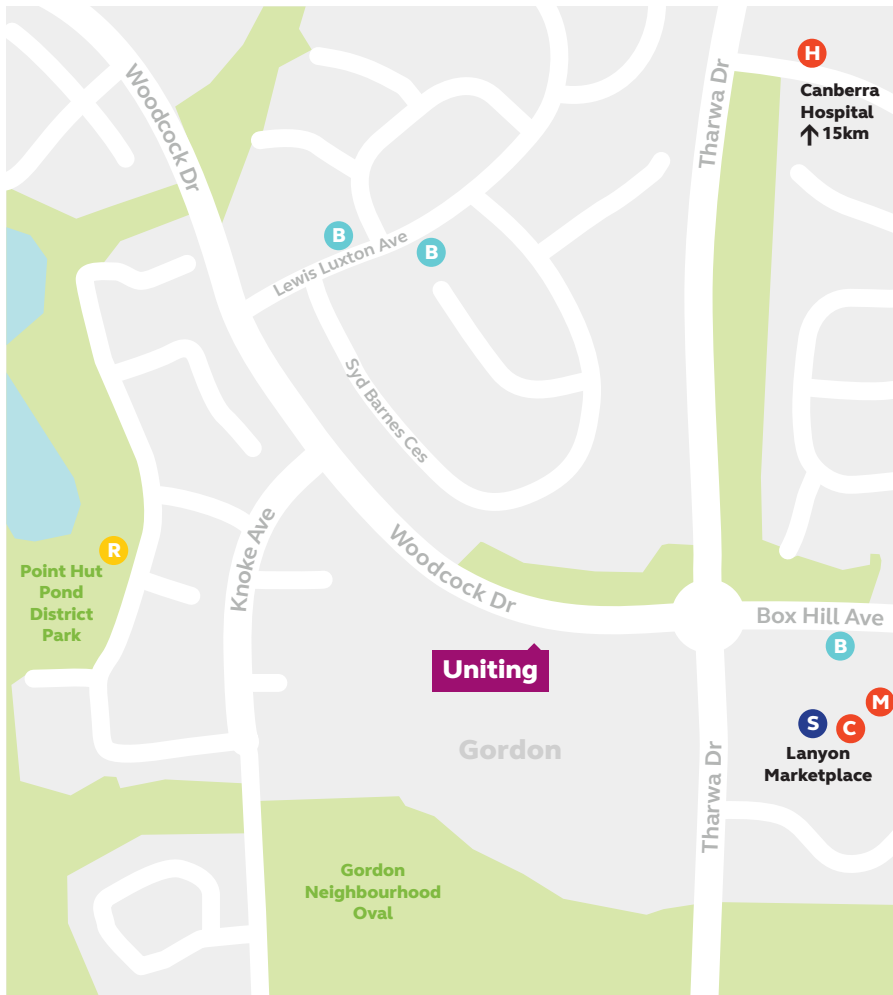
**It's the big and the small things. Like deciding when to wake up and what you'd like for breakfast. You retain control over the routines and rituals of your life. After all, that's what being at home is all about.**

## **Uniting Amala at a glance**

- 42 aged care places
- Activities
- Bus outings
- Diversional therapy
- Pastoral care
- Physiotherapy
- Podiatry
- Religious services on request

**Contact us**  
1800 864 846  
ask@uniting.org  
uniting.org

**Uniting**



- B **Bus Stop**

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- H **Hospital**

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- M **Medical Centre**

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- C **Chemist**

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- S **Shops**

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- R **Recreation**

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- U **Uniting Amala**

## Our location

**Cnr of Woodcock Drive  
and Tharwa Drive  
Gordon ACT 2906**

Uniting Amala is located in Gordon in Canberra's thriving southern suburbs. Close to shops, medical services and amenities, Uniting Amala has strong connections to the local community.

## Our community

At Uniting Amala, live as part of a vibrant and active household where the daily rhythm and fabric of life is decided by you and those you live with.

We hold true to a belief that we are working in your home – you are not living in our workplace. It sounds such a simple thing but being at home is about having the freedom to make choices. That means you retain control over decisions that make up the pattern of your day. Fancy a sleep in? We respect your choice to live life your way, not adhere to our routine.

If you enjoy cooking and want to play your part in preparing dinner, then you can. It is about you living your best life, the way you want to live it. Joys and sorrows are shared. Your family is part of our family.

## Experts in care

The approach to life in Uniting Amala is based on the latest thinking in residential aged care. It recognises the effect a true sense of home has on health and wellbeing.

This begins with the design of the environment. Every household has its own kitchen, the traditional heart of the home where people can come together.

You and your family can feel safe knowing our qualified staff are there 24-hours a day.

You are truly free to be who you are at Uniting Amala.



## Uniting Amala offers:

### Services

- Welcome program for all residents
- Support for people living with cognitive impairment and dementia
- 24-hour professional nursing and personal care
- Cleaning and general laundry services
- Meals and refreshments
- Assistance with daily living activities
- Emotional support, pastoral care and chaplaincy
- Treatments and procedures, rehabilitation support and assistance in obtaining health practitioner services.

**All rooms are designed for privacy with access to common areas.**

### Room types and features

- Uniting Amala offers four room types. The approximate size (excluding bathrooms) is:
  - Single room with ensuite 16.4–17.8 m<sup>2</sup>
  - Larger single room with ensuite 22.5 m<sup>2</sup>
  - Premium room with ensuite 34.4 m<sup>2</sup>
  - Shared room with ensuite 34.4m<sup>2</sup>
- All rooms are bright and airy, in excellent condition and have abundant natural light
- The rooms offer home comforts and include a king single bed, bedside table, furnishings and fittings, personal storage and a washer/dryer
- Each bedroom has an ensuite with handrails, an emergency call system, air conditioning, and a built-in wardrobe
- All rooms are designed for privacy while promoting community living through easy access to common areas.

### Common areas

- Uniting Amala's main common and dining rooms are air-conditioned and offer a place for residents and their families to gather informally and enjoy use of the large TV, DVD player, seating areas a place to come together for meals
- When privacy is required for family gatherings or quiet discussions, there are garden courtyards or small themed rooms with comfortable seating, tea and coffee making facilities, good lighting and views to the gardens and Brindabella Ranges
- Garden areas provide tranquil outdoor spaces for residents, family and friends to enjoy.

### Support services

- Staff strive to create an environment of comfort and familiarity while providing superior care
- Our care support includes local GPs, a podiatrist and a dentist who visit regularly
- Chaplaincy, pastoral care and religious services are available
- Lifestyle programs, bus outings, a library, craft activities and games available to enjoy and promote healthy living
- Residential support services are tailored to you.

## About Uniting

At Uniting, we believe in taking real steps to make the world a better place. We work to inspire people, enliven communities and confront injustice.

Our team provides aged care, disability support, community services and chaplaincy. As an organisation we proudly engage in social justice advocacy about issues faced by the people we serve. We celebrate diversity and welcome all people regardless of their lifestyle choices, ethnicity, faith, sexual orientation or gender identity.

A not-for-profit organisation, Uniting is the single largest provider of aged care in New South Wales and the ACT.

More than 14,000 people access our aged care services, which include independent living, aged care homes, respite, in-home and community care, and Healthy Living for Seniors programs.

## Take the First Step

Like to know more? The Uniting team is here to help. Please call us to make an appointment to visit Uniting Amala and discuss your unique needs.

If you need accommodation urgently, our admissions officers and service staff are on hand to provide immediate assistance.

**Contact us**  
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**Uniting**