

Aged care home

Uniting Bowden Brae Normanhurst



Feel right at home

We're delighted you're thinking of joining our community at Uniting Bowden Brae.

Moving is always a big decision, but Uniting is here to provide you and your family with the information and support you need to choose what's right for you.

We're committed to the health and happiness of everyone who lives at Uniting Bowden Brae and should you choose our service, we'll do everything we can to make you feel right at home.

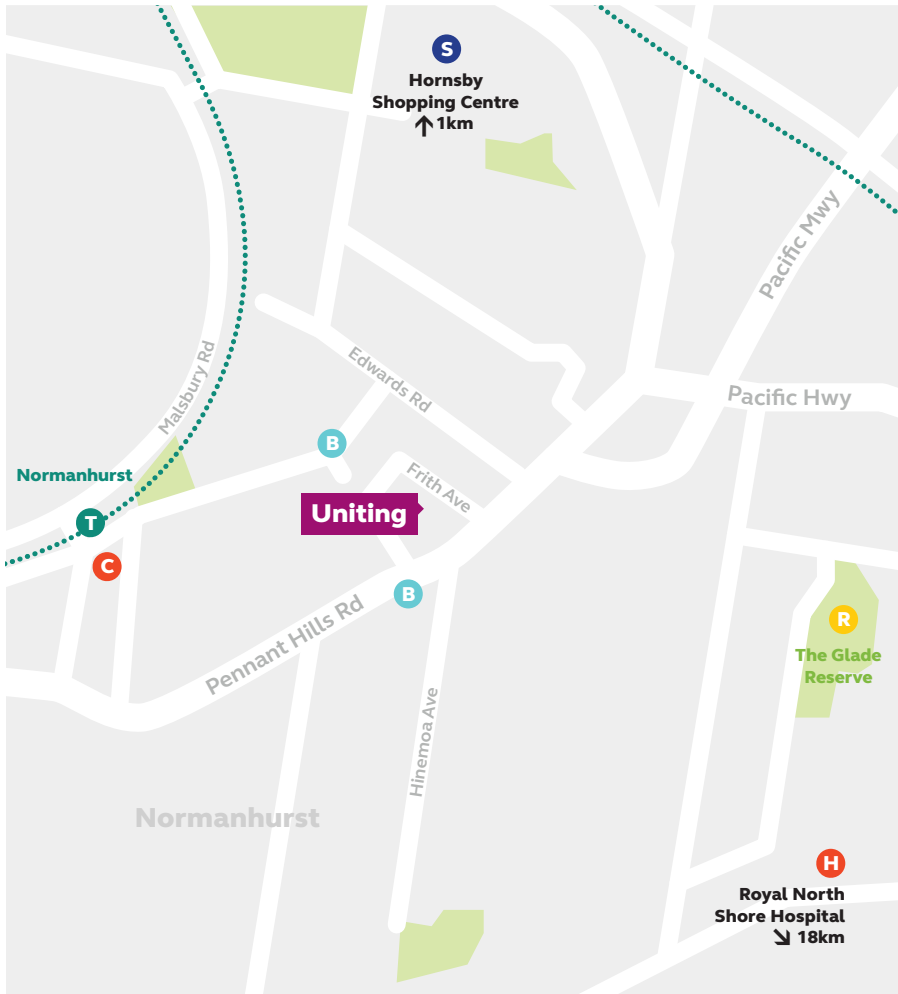
Uniting Bowden Brae at a glance

- 106 aged care places including dementia support places
- Access to a dietitian
- Access to physiotherapy
- Bus outings
- Chapel
- Family room
- Garden nursery
- Hairdresser
- Library
- Pastoral care
- Recreational programs
- Religious services on request

Contact us

1800 864 846
ask@uniting.org
uniting.org

Uniting



Our location

**1-7 Frith Avenue
Normanhurst NSW 2076**

Uniting Bowden Brae is located in the beautiful leafy suburb of Normanhurst in Sydney's north. Close to parks, schools and transport, Uniting Bowden Brae has strong connections to the local community.

Our community

Everyone who works at Uniting Bowden Brae cares deeply about the people that make up our community. For us it's about empowering you to live your best life and creating an environment that is loving, caring and supportive.

Uniting Bowden Brae is a welcoming place, with areas designed for sharing with your visitors. Catching up with family and friends is an important part of life, and moving here does not mean you need to give up entertaining – everyone is welcome!

Experts in care

If you choose Uniting Bowden Brae, level of care and support you receive will be based on *your* needs. We can help you with personal care (such as showering and getting dressed), managing your health and medication, and all the day-to-day jobs that have become tricky to manage by yourself. We take the stress out of life by assisting with the cooking, cleaning and laundry, and will develop a support plan that's right for you.

Uniting is passionate about supporting people living with dementia to lead happy and healthy lives. You and your family have the added security of knowing our qualified staff are there 24-hours a day.



Uniting Bowden Brae offers:

Services

- Welcome program for all residents
- Personal care and regular support for day-to-day activities
- Support for people living with dementia and cognitive impairment, in a safe and secure environment
- 24-hour professional nursing and personal care
- Cleaning and general laundry services
- Meals and refreshments
- Emotional support, pastoral care and chaplaincy
- Treatments and procedures, rehabilitation support and assistance in obtaining health practitioner services
- Uniting Bowden Brae is co-located with Uniting independent living units.

All rooms are well-maintained, contemporary, comfortable, clean and ready for any individual to make it their home.

Room types and features

- Uniting Bowden Brae offers four room types. The approximate size (excluding ensuites) are:
 - Comfort living
 - Single room with private ensuite, 16–18m²
 - Single room with shared ensuite between two rooms, 16–18m²
 - Companion living
 - Double room with private ensuite, 17–23m²
 - Secure living
 - Dementia specific single room with private ensuite, 16–18m²
- Each bedroom has an ensuite with handrails, an emergency call system and air-conditioning
- All rooms are in superior condition and offer home-like comforts including a bed, bedside table, traditional furnishings and fittings, and personal storage
- Rooms are contemporary, comfortable, clean and ready for any individual to make their home.

Common areas

- The main common room is air-conditioned and offers a place for residents and their

families to gather informally and enjoy use of the large modern TV, DVD player, library, seating, and tea and coffee making facilities

- When privacy is required for family gatherings or quiet discussions, there are garden courtyards or small breakout areas with comfortable seating, tea and coffee service and good lighting
- Our secure landscaped grounds offer quiet outdoor spaces to sit and relax with family and friends.

Support services

- Staff strive to create an environment of comfort and familiarity while providing excellent care
- Our care support services include a local GP, podiatrist, and allied health professionals who visit regularly
- Chaplaincy, pastoral care and religious services are available
- Recreational programs, bus outings, a library, craft activities and games are planned by our Leisure and Wellness Coordinator to ensure a variety of social activities and promote healthy living
- Residential support services are tailored to individual needs and preferences.

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 Bowden Brae and discuss your unique needs.

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

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