

Aged care home

# Uniting Narla Belmont North (high care)



## Feel right at home

**We're delighted you're thinking of joining our community at Uniting Narla.**

**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 Narla and should you choose our service, we'll do everything we can to make you feel right at home.**

### **Uniting Uniting Narla at a glance**

- 60 aged care places
- Bus outings
- Concerts
- Craft
- Dietitian
- Hairdresser
- Pastoral care
- Physiotherapy
- Podiatry
- Religious services on request

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

**Uniting**



## Our location

**21 Lentara Road**  
**Belmont North NSW 2280**

Uniting Narla is located in the suburb of Belmont North in the scenic Lake Macquarie region of New South Wales. Close to shops, schools, parks and beaches, Uniting Narla has strong connections to the local community.

## Our community

Everyone who works at Uniting Narla 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 Narla 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 Narla (high care), the 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 of 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 work with your family to develop a support plan that's right for you.



## Uniting Narla offers:

### Services

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

### Room types and features

- Uniting Narla offers a range of accommodation options. The approximate sizes of the rooms (excluding ensuites) are:
  - Single room with shared ensuite, 10m<sup>2</sup>
  - Double room with shared ensuite, 20m<sup>2</sup>
  - Shared room (4) with shared ensuite, 36m<sup>2</sup>
- All rooms are in well-maintained condition, bright and airy with natural lighting

- Each room offers home-like comforts including a bed, bedside table, traditional furnishings and fittings and personal storage
- All rooms are designed for privacy while promoting community living by providing easy-access to common areas.

### Common areas

- Uniting Narla's activity room is air conditioned and offers a place where residents and their families can gather informally and enjoy the use of the large modern TV, DVD player and seating areas
- When privacy is required for family gatherings or quiet discussions, there are breakout rooms with comfortable seating, tea and coffee making facilities, good lighting and views to the gardens
- Uniting Narla's natural surroundings 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 excellent care
- Our care support includes local GPs, a podiatrist and a dentist, all 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 Healthy Lifestyle Coordinator to ensure a variety of social activities and promote healthy living
- Residential support services are tailored to individual needs and preferences.

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## 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 Narla 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.org](http://uniting.org)

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