

Aged care home

Uniting The Garrison Mosman



Feel right at home

We're delighted you're thinking of joining our community at Uniting The Garrison.

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

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

Uniting The Garrison at a glance

- 60 aged care places
- Access to a dietitian
- Access to physiotherapy
- Bus outings
- Café
- Chapel
- Hairdresser
- Library
- Pastoral care
- Podiatry
- Recreational Officer
- Religious services on request
- Shuffleboard

Uniting



Our location

**13 Spit Road,
Mosman NSW 2088**

Uniting The Garrison is located in the popular suburb of Mosman in Sydney’s thriving Lower North Shore. Close to shops, transport and medical services, Uniting The Garrison has strong connections to the local community.

Our community

Everyone who works at Uniting The Garrison 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 The Garrison 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 The Garrison, the level of care and support you receive will be based on *your* needs. We can help you with personal care (such as getting dressed) and many 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 if your needs change we can help you to find additional health or care support.



Uniting The Garrison offers:

Services

- Welcome program for all residents
- Personal care and regular support for day-to-day activities
- Support for people with cognitive impairment
- On-call help 24-hours in case of emergencies
- 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 The Garrison 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 The Garrison offers accommodation in single rooms with private ensuites. The approximate size of each room is 16–33m² (excluding ensuite)
- Each bedroom has an ensuite, emergency call system, air-conditioning and offers home-like including a bed, bedside table, traditional furnishings and fittings and personal storage
- All rooms are well-maintained condition, contemporary, comfortable, clean and ready for any individual to make it their home.

Common areas

- Uniting The Garrison's 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, garden courtyards or small breakout areas with comfortable seating, tea and coffee service and good lighting are available

- Landscaped grounds provide quiet outdoor spaces for residents to sit and relax with family and friends.

Support services

- Staff strive to create an environment of comfort and familiarity while providing excellent care
- Uniting The Garrison offers a variety of care support services, including a local GP, podiatrist, and allied health professionals who visits regularly
- Chaplaincy, pastoral care and religious services are available
- Recreational programs, bus outings, a library, craft activities and games are planned by our Recreational Officer to ensure a variety of social activities and to 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 The Garrison 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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