

Welcome to Uniting Westmead.

Discover early learning,
retirement living and aged care.



Uniting



A community for living, learning and caring.

As part of the Uniting Church's 40-year legacy of supporting people and families in Westmead, we're designing a new style of inclusive living, learning and caring for the local community.

In the heart of Western Sydney, Uniting Westmead brings together retirement living, in-home care services, assisted living options, residential aged care, and an early learning centre. All at one convenient campus.

And with a café, salon, chapel, healthcare consulting rooms and a gym especially for seniors in the village hub, Uniting Westmead will be a welcoming place for catching up with family, friends and neighbours.

It's designed for connecting people across generations, families, and cultures.





Early learning

We have 75 places in our purpose-built long day care centre, for children from 6 weeks to 5 years old. The creative program is driven by your child's interests, with a focus on outdoor learning, and opportunities to connect with the Uniting Westmead community.



Convenience

- Easy drop-off/pick-up parking or 12-minute walk from Westmead station
- Open door visiting policy and daily progress updates via our Storypark App
- Extended hours available



Quality

- Qualified early childhood teachers and educators from diverse backgrounds
- Programs guided by the Early Years Learning Framework
- Chef-prepared meals daily



Programs

- Preschool program to prepare for primary school
- Bush Kindy outdoor learning program to connect with nature
- STEM focus to encourage exploration of science, technology, engineering and maths



Activities

- Playgrounds with sandpits, mud kitchen and natural features
- Art studio, chicken pen and worm farm
- Veggie patch and access to our village gardens



Value

- We're for purpose – putting children first, not profit
- No charge for public holidays
- Sunscreen, linen and nappies provided

Open: Monday-Friday, 7am-6.30pm

Ages: 6 weeks to 5 years

Type of care: Long day care

Childcare Subsidy (CCS): Yes

Approved places: 75

Residential aged care

Uniting Westmead will be home to 114 older people, for 24/7 support from our compassionate care team. Residents will live their day, their way, with choice, dignity and respect in a style we call household living.

Household living gives you the freedom and flexibility to do what you love, when you choose. With your own room and ensuite that's connected to a shared living room and kitchen for 19 people, your household is supported by a dedicated Uniting Homemaker. You'll also appreciate plenty of space to host your visitors, including an outdoor BBQ area for entertaining family and friends.

Our **specially designed dementia-friendly environment** is safe and secure, offering memory support and round-the-clock care and comfort for complete peace of mind:

- 24/7 nursing care
- Respite care
- Dementia care
- Palliative care
- Spiritual and pastoral care

And you can make the most of every day with **Uniting Additional Services**.

Additional Services are extra lifestyle and hospitality options provided for a small charge on top of your daily care fee. Find out more from your Uniting Westmead Service Manager.



Our residential aged care teams take the time to really get to know you, fostering a relationship that builds a strong partnership between you and your family. Together, we develop personalised routines that are familiar and meaningful, giving you a sense of safety and comfort. It's all designed to help you feel right at home.

Retirement and independent living

Uniting Westmead has 70 beautifully appointed retirement apartments available in the first release, with another 160 set for Stage 2 completion. It's smart and stylish independent living next to tranquil Parramatta Park, with easy access to public transport and local amenities including Westmead Hospital and health services.

Not having to worry about the day-to-day upkeep of your home and garden means you'll have more time for the people and things you love. And there'll be many resident-led **village activities** to get involved with if you choose.

Each apartment has also been **designed with tomorrow in mind**. Quality fixtures and finishes are built to last, and wider doors and spaces allow for easy mobility.

You'll have convenient **lift access**, and **level flooring** throughout your apartment, giving you complete freedom of movement and maximum comfort. And most Uniting Westmead homes look out to the greenery of Parramatta Park or our own campus gardens.

- 1, 2 and 3-bedroom apartments available
- 24-hour emergency call system in every home
- Parking and storage cage included
- Exclusive residents' community room and social calendar
- Village gardens, BBQ area, veggie patch
- Community café, salon, chapel and seniors' gym
- Pet-friendly



Assisted living

As a resident in our retirement village, you have access to Assisted Living services that provide the extra help you may need, without sacrificing the independence you enjoy.

We can take care of day-to-day chores that may have become too physically demanding, while you take care of your health and wellbeing. It gives you the freedom to enjoy all the benefits of retirement living, while accessing all the services that keep you safe and independent in your home.

- **Daily nutritional meals** in your community dining room
- **Weekly cleaning** of your apartment
- **Monthly health checks** to monitor blood pressure, weight and general health
- **Government-subsidised** for eligible residents, or self-funded
- **Discreet and dependable support** delivered in your own home



Home and community care

The Uniting Westmead in-home care team is also available to support you with help around your apartment and in the local community. In-home care is a bit different from our Assisted Living services, giving you some extra flexibility to choose and change from a broad range of support services. Stay safe and continue to live your life, your way, while we assist with compassion and professionalism.

You can pay for home care services privately, or find out if you're eligible for government funding. Here are some of the many ways Uniting can support you.



Help at home

- Cleaning, tidying, washing and vacuuming
- Delivering shopping and meal preparation
- Home modifications for easier mobility such as guard rails and ramps



Staying connected

- Companionship at home or in the community
- Social outings and activities
- Group transport



Taking care of your health

- Assistance with medication, wound management and telehealth support
- Allied health services and therapies



Taking a break

Our respite services give carers the chance to take a break for a few hours, a few days or a few weeks.

- Flexible respite care at your place for a few hours or overnight
- Centre-based respite groups during the day



Staying fit and strong

- Uniting Seniors Gyms
- Online fitness classes in our virtual gym
- Healthy Living for Seniors wellbeing programs



Onsite Seniors Gym

Uniting believes that staying physically active and socially connected is the key to living longer and stronger. Weight-bearing exercise is so important for maintaining bone density and muscle strength as we age. That's why we have a Seniors Gym on site at Uniting Westmead, with equipment that's ergonomically designed for older people, in a supportive and social environment.

Our **accredited exercise physiologists** design personalised programs to support your mobility and flexibility. They're specialists in helping to control weight, blood pressure, cholesterol and diabetes, and in strengthening bones and joints. They'll show you how to reduce your risk of heart disease, falls, and injuries, and help with pain management. And they're dedicated to ensuring you have fun while improving your fitness.

- Government subsidies are available through Home Care Packages
- Open Monday to Friday
- Group and individual exercises
- One-to-one goal setting and progress monitoring
- On-site parking

Virtual gyms

We've introduced a new way for you to keep fit and active in your own home. We're taking our programs online so you can join us in our virtual gym. It's a fun way to connect as we practise social distancing, and it's a great way to ensure you stay fit.

You can choose from a range of membership options.



Virtual exercise classes:

Exercise in your own home following our instructors on screen. Choose from our full range of classes, including Better Balance, Strong Moves, Floor + Core, and Circuit.



Support at home:

Follow your personalised exercise program and have a fortnightly phone or video check-in with our team. We can also visit you at home, depending on the membership package you choose.



Helpful resources:

We can supply a fitness tracking sheet, so you can monitor your progress, and a range of gentle exercise booklets.

Healthy Living for Seniors

Our Healthy Living for Seniors programs are a relaxed way to stay in touch with your community, keep fit, make new friends, and explore new places and interests.

Tell us what you enjoy doing, and we can design a program with you.



Learn or rediscover skills and hobbies

Technology, creative workshops, sports and more



Be inspired and entertained

Outings to restaurants, events or places of interest



Join a specific cultural group

In some areas, we've set up Chinese, Italian, Tamil groups and others

About Uniting

Uniting NSW.ACT is responsible for the social justice, community services and chaplaincy work of the Uniting Church in NSW and the ACT.

We provide care and support for people through all ages and stages of life, with a focus on people experiencing disadvantage and vulnerability.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone, exactly as they are.

**QR CODE
TO BE
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Get in touch

1800 864 846

ask@uniting.org

uniting.org/westmead

**or scan the QR code
with your smartphone**



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