

# Strathalan Community

MACLEOD



Residential  
**Aged  
Care**

# Baptcare

[baptcare.org.au](https://baptcare.org.au)

May 2025

# *Living well together*

Get the care you need—and live life the way  
you choose—in a supportive residential aged  
care home

## *Contents*

A supportive community in leafy Macleod.....	Page 01
We're a thriving community at Strathalan.....	Page 02
Live well, your way.....	Page 04
What's on the menu .....	Page 06
What's on location .....	Page 08
A place to call your own .....	Page 10
Healthcare and wellbeing services to support you .....	Page 12





# *A supportive community*

## **in leafy Macleod**

Set in Macleod—on the leafy fringes of Melbourne’s north-eastern green belt—Strathalan is a genuine, supportive community offering a relaxed pace with everything you need right at your doorstep.

You’ll find the stately Strathalan Homestead in our large and spacious grounds, a wellness hub that serves the broader Macleod community with healthcare services. Just beyond our grounds lie the Rosanna parklands. They’re brimming with birds and native wildlife, relaxing walking trails and a playground for visiting grandkids.

There’s also a wealth of boutique cafes, grocers and restaurants on Lower Plenty Road, just a short drive from our location. There’s plenty of community right here though, with all the support, connection and care you need to live with joy and independence.

**Strathalan Community is also co-located with Baptcare’s well-renowned and highly regarded Strathalan Retirement Living apartments and villas.**











# *We're a thriving community at Strathalan*

Community is an important word here at Strathalan. We have the Strathalan Homestead, a wellness hub that serves the wider community for podiatry, physiotherapy and dental treatment, so we always have access to the highest quality care.

Strathalan itself has large grounds and is safe to explore. Strathalan Retirement Living also resides here, whose residents we regularly catch up with socially. While community and connection are both important, our approach is all about helping each individual to shine.

We take the time to listen and learn your story. Then, do everything we can to support you to live with meaning and purpose. That looks different for every person, in the same way that exceptional care is different for everyone: it's all about your unique needs and preferences. If that's a cup of tea before you get out of bed, let's make it happen.

**Get a feel for the Baptistcare Community.  
Book a tour.**





# Live well, your way



## Living well looks different for everybody. ✨

Whatever you love to do—whatever makes your day and makes life meaningful—we're here to make it happen.

Some of the hobbies and activities we support residents with include:

- We regularly have Elvis visit us for performances. Well, an entertainer who could definitely pass for Elvis. He's always a huge hit with everyone when he performs, and it's always a sad moment when 'Elvis has left the building'.
- Many residents love their furry feline friends, and there are plenty of pats and cuddle sessions with cats at all times of the day. Ask us about bringing your family pet when you move in.
- For our resident green-thumbs, we arrange trips to Bunnings where they can pick out the next plant or seedling to perfectly complement our gardens. There's nothing more rewarding than nurturing a section of the garden and watching it bloom and blossom for everyone to enjoy.
- One resident finds it calming to help make beds, so she likes to join our team and help make up the rooms for others to enjoy.







***“I’ve always been happy here. It’s not home but it’s the next best thing.”***

Strathalan Resident



***Our chefs prepare all food on site using delicious seasonal ingredients.***





# What's on the menu

There's always something fresh and delicious on offer at Strathalan, with a choice of tasty, healthy meals for breakfast, lunch, and dinner. Family and friends are always welcome to join too: **all you need to do is book ahead.** ✦



## Fresh, seasonal and cultural menus

Our chefs prepare all food on site using delicious seasonal ingredients. Our menu is designed by reputable chefs in partnership with qualified dietitians and with special meals and themed menus for important cultural events.



## A range of delicious options every day

Choice is important in every aspect of life at Strathalan. Food is no exception. There are fresh sandwiches and salads available for lunch and dinner, and bowls of fresh seasonal fruit you can enjoy throughout the day, every day.



## Personalised dietary preferences

We have regular food focus meetings with residents to help decide the types of meals we offer. While our base menu is approved by a specialised dietitian, we adjust the menu based on your preferences and individual dietary needs.





# What's on location



There's always something happening at Strathalan. Family and friends are always welcome to join you. **Come visit our community to see more.** ✦

## *Lush gardens*

We have a beautiful garden with a walking track where you can get some fresh air and exercise without leaving home, if that's your preference. We also have winter gardens upstairs, where you can soak up the sunshine and still feel immersed in greenery when the weather is colder.

## *Beauty salon*

We know that when you look your best, you'll feel your best! Our on-site beauty salon is open twice a week and ready to keep up with your favourite styles. It's a great place to drop in for a chat with other residents too.

## *Music room*

Music has the uncanny ability to transport us to a memory, conjure a pleasant feeling, or remind you of a favourite person. In our dedicated music room, you can choose from a selection of classic records to play on a vintage gramophone, and let your favourite melodies wash over you.

## *Memory support unit*

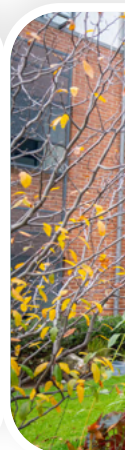
Part of our home is specially designed to support people with memory loss or dementia. We support you to maintain your independence and keep your mind active by getting involved with everyday tasks.

## *Sociable lifestyle*

We're a sociable community and there's always something exciting happening. From exercise groups to high tea, ladies' and men's groups to scenic drives, and chess group to trivia and movie screenings, you'll find something fun to join in on.

## *Onsite café*

Our onsite café is always popular. You'll smell freshly ground coffee and warm pastries and hear the gentle hum of friends and families catching up at all hours of the day.







***“All my life I looked after my husband and children and now it’s my turn to be looked after.”***

Strathalan Resident



# *A place to call your own*

All rooms at Strathalan are spacious, with large windows that open outwards to let in plenty of natural light, fresh air, and lovely views outside. Your room is your own personal space: every room is for one person, with a private ensuite.

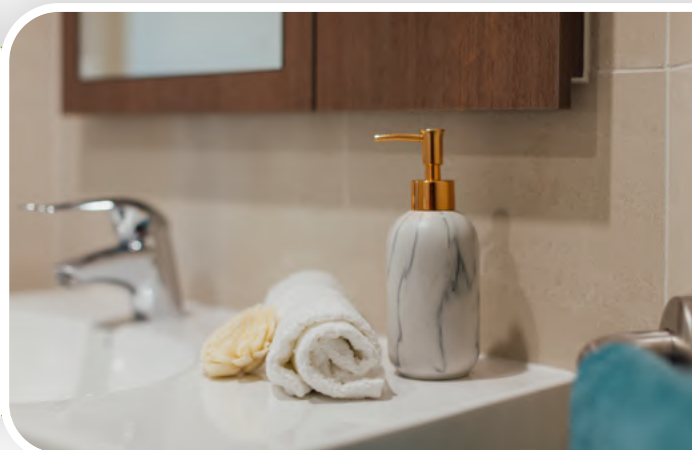
We encourage you to decorate your room with much-loved possessions to make it feel like home. Photos and artworks are especially popular. Your room will also feature:

- electronic high/low bed
- ensuite bathroom with built-in shower chair, high-quality fittings and non-slip floor for comfort and safety
- bedside table and comfy chairs for visitors
- built-in wardrobe
- air-conditioning and cooling
- smart TV.

Wi-fi and telephone services are available for an additional cost.

The best way to get a feel for our rooms is to visit.

**We'd love to have you for a tour  
and answer any of your questions.** ✨







***“I love living here. It’s the most comfortable last home I could have asked for.”***

Strathalan Resident



# *Healthcare and wellbeing services to support you*

## ***On-site GP visits***

In addition to 24/7 nursing care, our regular General Practitioner visits the home regularly. Our locum service is available after hours to ensure you can receive prompt medical attention if needed.

## ***Podiatry and foot care***

For foot health, a podiatrist visits on a regular basis to ensure you receive the care you need.

## ***Optometry***

Optometrists visit Wattle Grove on a regular basis for comprehensive eye care and vision support.

## ***Dental services***

We provide on-site access to dental services under Medicare, to ensure you can maintain or improve your oral healthcare.

## ***Hearing specialists***

To support your hearing wellbeing, we offer visits from hearing specialists under the Medicare service.

## ***Weekly hairdresser visits***

We have access to a weekly hairdresser on-site. Because when you look your best, you'll feel your best!

## ***Support for complex care***

We specialise in complex services for people requiring end of life care, in partnership with a palliative care team.

## ***Nutritional care***

A dietitian helps to plan your menu, and takes all cultural, religious and dietary requirements into consideration.

## ***Speech therapy***

Our visiting speech pathologists can support you through assessment, treatment and management of speech, language, and swallowing challenges.

## ***Counselling***

Adjusting to changes in your life can be challenging. We're here to listen and provide supportive reassurance through counselling services.

## ***Physiotherapy***

Physiotherapists can help you maintain or improve your mobility, strength and overall physical function, to help you go about your day with more confidence and comfort.

## ***Pet therapy***

It's always nice to have furry friends nearby, and we often welcome them on site for pats and attention. Interacting with animals can provide emotional, social, and physical benefits.



# *What things in life are important to you?*



***Living well looks different for every person. Put simply, we believe that everyone deserves the best of care.***

It's all about taking the time to understand your preferences, hobbies and passions. We'd love to chat through your favourite things to do when you visit us for a tour.

If you have any questions about life at Baptcare Strathalan, the process of preparing for a move, visiting us for a tour, or anything else, please let us know.

**Call our friendly, experienced team on 13 22 78.**





# *Why should you choose Baptcare to support you as you age?*

## *We have over 80 years' experience*

We've spent the better part of a century listening to and meeting the needs of older people. Today, we offer a range of aged care services – including home care, residential aged care, respite care, and retirement living – as well as support services such as nursing and allied health, day therapy centres, short-term respite centres and social activities so you can be assured Baptcare will provide care in a way that's right for each and every individual journey.

## *We appreciate that everyone is different*

Our services are based on an individualised model of care, which means our clients determine how much of a presence they want us to be in their lives. And if their circumstances change, we change with them. Our aim is to enable people to remain as independent as possible so they can continue to live life the way they want to.

## *We treat everyone with compassion and dignity*

All of our team members are carefully chosen. They are friendly, positive and dedicated. And they genuinely care – so they treat people with the compassion and dignity they would expect for a member of their own family.

## *Drop in for a visit at Strathalan in Macleod*

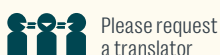
**Baptcare Strathalan Community**  
50 Braidhill Road Macleod VIC 3085

FOR THE  
**COMMUNITY**  
— NOT-FOR-PROFIT —

Residential  
**Aged  
Care**

**Call 13 22 78**  
Support for you as you age

**Baptcare**



[baptcare.org.au](http://baptcare.org.au)