# Karingal Community

**DEVONPORT** Residential Aged Care

Baptcare

baptcare.org.au

# Living well together

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

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# A warm coastal community

# in Devonport

Discover a truly unique community at Karingal Residential Aged Care. With gorgeous natural views and Mount Roland as a distant backdrop, Karingal is right in the heart of Devonport.

We're close to shops and cafes, and near to many local schools: perfectly convenient for regular visits from the grandkids! You'll find us halfway up the gentle hill of Lovett Street, just high enough to feel refreshing hints of Devonport's coastal sea breeze.

Karingal is blessed with a convenient inner suburban location, but with beautiful nature and parklands at our doorstep. For those who love a stroll in nature, Don Reserve is just a short drive away: a bushland reserve with walking tracks near the Don River. Or, if you prefer to relax and take it easy, you'll find someplace cosy right here at Karingal.

Karingal Community is also co-located with Baptcare's well-renowned and highly regarded Karingal Retirement Living villas.









# We're a thriving community at Karingal

Every person at Karingal is different and unique. So, our approach to care is just as individual.

The transition to aged care is not always easy, we make you feel supported, so you can embrace Karingal as a new home. It's the little details that make the difference.

We listen to what makes life meaningful for you—what do you love to do? What makes you feel excited to start each day? and support you to make it happen.

Lifestyle activities are huge here and there's always something new on the schedule, with a variety of activities to get involved with every single day.

Or, you can always relax and take things at your own pace. Everyone's idea of 'home' is different, so we always check in to ensure that's what Karingal feels like for you.

### Get a feel for the Baptcare 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:

- Singing and music therapy, both one-on-one and in groups. Slim Dusty's classic 'I'd love to have a beer with Duncan' is a huge favourite!
- Knitting and crochet: it can get chilly here in Devonport, and a home-made scarf is always a winner in winter.
- Exercise and walking in the nearby grounds.
- Bus trips out into the community. Sometimes it's for a meal and a cuppa with a few of us together or touring Devonport and visiting beautiful local nature sites such as Coles Beach.
- Project Grow, our gardening initiative. Residents with a green thumb keep our garden looking gorgeous, and many enjoy painting garden gnomes to pop around the grounds.











"I have never regretted moving here. Best decision I have made"

Karingal Resident

# Baptcare



# What's on the menu

There's always something fresh and delicious on offer at Karingal, 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 Karingal. 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 Karingal. Family and friends are always welcome to join you. Come visit our community to see more.

# Spacious social areas

Whether you're sharing a coffee or a cuppa, reading the latest page turner or playing a game of bingo, there are plenty of spaces to spend time with others. Of course, family and friends are always welcome too!

# Spiritual Care

Spiritual Care support is an important part of life at Karingal. We offer emotional and spiritual support, honouring each person's unique spirituality and how you find meaning and purpose. Our spiritual care team assist with prayer, worship, sacraments and other forms of spiritual devotion.

# Lounge area

Our lounge area—affectionately called 'The Zoo' by residents, because of the animal decorations—is where things get lively. There's often a social occasion or the gentle hum of residents catching up throughout the day.

# Courtyards and gardens

Our grounds are dotted with lush gardens, flower beds and trees. Walk through the grounds and take in the sights and smells, or stop at your favourite location for a quiet moment to reflect in one of our courtyards. We invite any green thumbs to help with the gardens too!

# Hair and beauty salon

Keep up to date with your favourite styles at our onsite hair and beauty salon. We know how important it is to look your best, so our visiting hairdressers and stylists are ready to lend a hand.

# A vibrant social calendar

There's always something happening at Karingal, and everyone is always welcome to join in on the fun. Whether it's afternoon happy hours, birthday parties, or men's and ladies groups, you'll always have an invitation waiting for you.









# A place to call your own

Every room at Karingal is bright and fresh with a private ensuite. We also have some double rooms available for couples.

Rooms feature courtyard or garden views, with tasteful décor and quality fittings. Your room is your own private space, and we envourage you to bring cherished photos, paintings, and other things to make it feel like home.

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
- in-room heating.

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

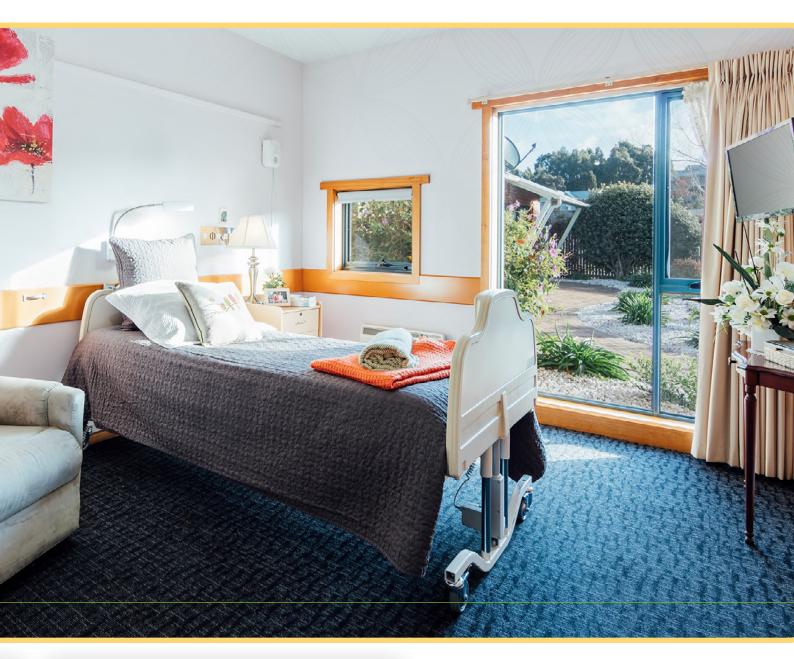
The best way to get a feel for our rooms is to visit.

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











"It's a happy place here.
I like happy places."

Karingal Resident

Baptcare

# 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 Karingal, 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 Karingal in Devonport

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32 Lovett Street, Devonport TAS 7310





Call 13 22 78

Support for you as you age

Baptcare









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