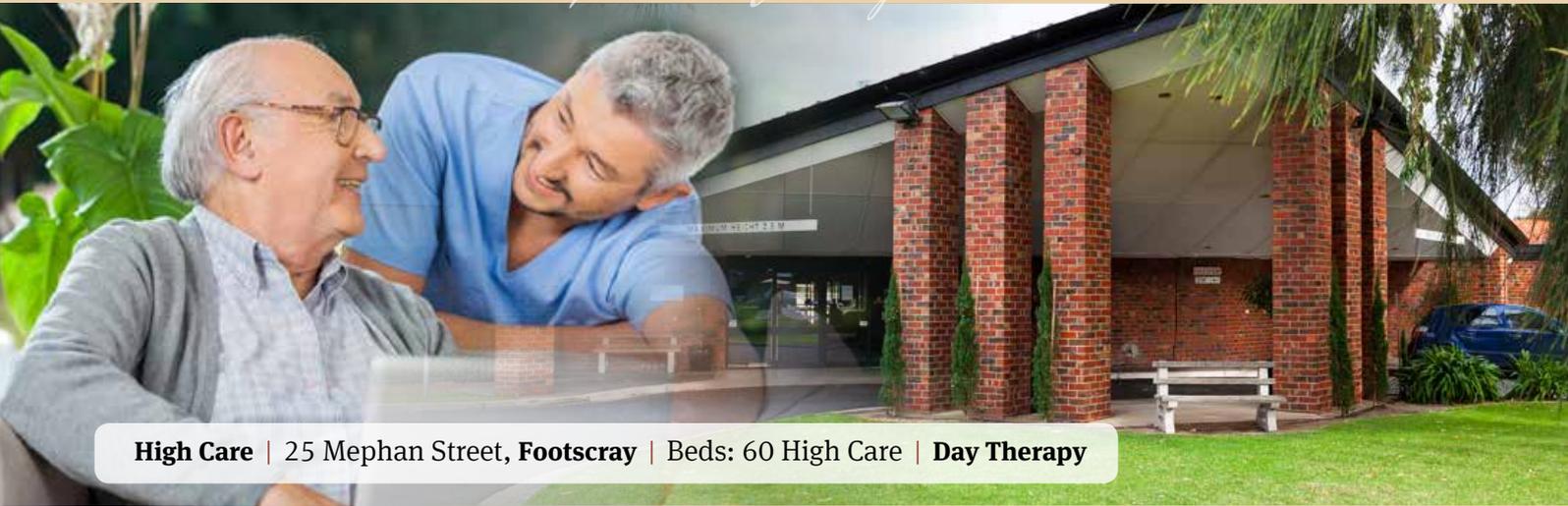


# FOOTSCRAY Footscray Aged Care

*plentiful garden areas*



**High Care** | 25 Mephan Street, **Footscray** | Beds: 60 High Care | **Day Therapy**

***Footscray Aged Care is set in well-established treed gardens, with secure grassy outdoor retreats and courtyards.***

There are garden views and access to the outdoors from every room.

Located in a quiet area, close to Highpoint West Shopping Centre, Footscray Aged Care is well served by public transport, both trams and buses and well connected to the station 'en route' to the city.



Footscray Aged Care provides residential care for 60 residents and was born out of strong connections with beneficiaries in the area.

The residence offers a calm and friendly atmosphere that is often commented on by visitors to the home.

Since the inception of Aged Care Accreditation, Footscray Aged Care has been successful in maintaining its accreditation status.

The long years of service and continuity of staff assists greatly in the delivery of quality care. The care philosophy revolves around commitment to care, excellence and choice. Each resident is considered as an individual with individual needs, physically, emotionally and from lifestyle perspectives.

Changing care needs are professionally accommodated from admission through to palliative care stage.



## **Our Rooms**

Footscray Aged Care offers both single and shared rooms with 'en suites' branching from the bedrooms.

All rooms have garden or courtyard views with doors opening to secure outdoor areas.

Rooms are fully furnished with high/low electric beds, wardrobes, bedside tables and lockers.

## Our Communal Spaces

There is a dining room for residents to locate to for meals as desired and lounge areas for residents to socialise and relax.

We have an area that can be used for families and visitors wishing to engage in some private social occasions such as birthdays and anniversaries.

## Lifestyle

Footscray Aged Care offers a wide range of activities to enable residents to engage in a full and active lifestyle. Individual needs and preferences are taken into account when planning lifestyle activities. These activities include exercise programmes, games, stimulation to enhance mental fitness, outings in the Royal Freemason bus, cultural activities, annual celebrations and lots of entertainment and concerts.

## Day Therapy Centre

Footscray Aged Care is very lucky to have a Day Therapy Centre that is attached to the facility. This provides the opportunity for clients living in the community to access sessional physiotherapy, massage and diversional therapy services and also residents have access to the day therapy area for physiotherapy,

pain management programmes and activities. This provides residents with a link to those still living in the community.

## High Standards of Care: The hallmark of Royal Freemasons

Royal Freemasons is committed to a person centred service model of care. It provides superb on-site facilities and 24-hour care and support from a highly trained team of professional staff, including experienced Division 1 nurses. Residents at Footscray Aged Care can expect the high standards of service that have been a hallmark of Royal Freemasons since it was first founded in 1867. A team of experienced health care professionals, with medical supervision provided by doctors specially trained in geriatric health, ensures that extraordinary best practice personal care is given to all residents.

Our Wellness Services comprise a dedicated team of allied health professionals, including physiotherapists, occupational and music therapists, providing stimulating programs, which promote independence and wellbeing for all residents.



## Delicious Seasonal Menu

Seasonal menus are prepared daily by our onsite chef in consultation with Royal Freemasons own dietician. The menu differs every day over a four week period and offers a variety of meats, vegetables and salads, plus delicious desserts. A typical selection may include:

### Breakfast

- Selection of Fresh Juices
- Prunes or Fruit Compote
- Porridge, Cereals or Yoghurt
- Freshly Cooked Eggs
- Toast with Assorted Preserves
- Tea, Coffee or Hot Chocolate

### Lunch

- Old Fashioned Corn Beef & Mustard Sauce with Potatoes & Cabbage or
- Spring Roast Lamb with Seasonal Vegetables & Roast Chat Potatoes
- Lemon Delicious & Vanilla Ice Cream or
- Pineapple Upside-Down Cake with Canadian Maple Syrup

### Dinner

- Tomato & Fresh Herb Soup
- Roast Vegetable Frittata with Garden Salad or
- Chicken & Mushroom Penne
- Chocolate Mousse Topped with Strawberries or
- Apple Crumble & Custard or Cream

Fresh Fruit is always available and a selection of Fruit Juices, Soft Drinks, Tea, Coffee and Hot Chocolate is served with lunch and dinner.

Morning Tea, Afternoon Tea and Supper with homemade cakes or cheese and biscuits are also served daily.



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**Premium Aged Care Apartments**  
Coppin Suites, Melbourne

### Residential Aged Care

Centennial Lodge, Wantirna South  
Coppin Centre, Melbourne  
Darvall Lodge, Noble Park  
Elizabeth Gardens, Burwood  
Footscray Aged Care, Footscray  
Gregory Lodge, Flemington  
Monash Gardens, Mulgrave  
Springtime Sydenham, Sydenham



### Disclaimer

This document is accurate to the date of publication. However, as it is written in an "easy-to-read" format, it cannot be guaranteed that every single statement is without flaw of any kind.

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