

# Abri Residential Aged Care, Southport



Your Home on the Gold Coast

**Anglicare**  
Southern Queensland

**150**  
YEARS



## Caring for Queenslanders

For over 150 years, our Anglicare Southern Queensland staff have connected with people at every stage of their life journey, responding with care and compassion to our community members who need support.

With eight thriving aged care communities throughout Brisbane and regional centres including the Gold Coast, Toowoomba, Hervey Bay and Bundaberg, Anglicare Southern Queensland is ready to provide you with the support you need.

Our residential aged care philosophy recognises each person living in our care as an individual, with their own unique story and diverse needs. The Rhythm of Life™ care model embraces this philosophy every day in our homes, providing individualised care, choice and independence to enrich your quality of life. We also incorporate your interests and passions into our planned activities so you can continue to do the things you love.

Anglicare Southern Queensland has been recognised for the high quality care and commitment of our staff in the services they deliver to older Queenslanders.

For two years in a row, we have received the Most Trusted Brand Award for Aged Care and Retirement Villages in Queensland. We have also received a Silver and Gold Standard for Quality Service in Aged Care and Retirement. Providing quality care and support for Queenslanders is at the heart of who we are.



\*Independent researcher, Catalyst Research. As voted by the Australian public, 2019-2020.

“I enjoy the company here - we play bingo, do quiz games and have sing-a-longs together. On Thursdays we go on bus trips to Surfers Paradise. I also volunteer in the dining room, setting the table and making sure everything is right before we have our meal.”

Paul G. – Abri resident

## Paul's Story

“I've been in the music industry for more than 50 years. Most people call me 'Fluffy', as I had a mop of blonde hair when I was younger, and the name just stuck. Through my drumming and writing music arrangements I have had the privilege of working alongside greats such as John Farnham, Julie Anthony and international performers such as Chuck Berry, Tom Jones and Cilla Black. I also worked on the original theme music for the hit series Neighbours.

It was about 18 months ago that I was diagnosed with cancer. After treatment, I moved into Abri to get myself back on track. The staff are very nice here and they take good care of me. I still have my independence and have recently joined the Gold Coast Big Band playing the drums. I also have electric drums in my room so I can practice drumming with a headset on. I'm feeling much better within myself, and to know I have the support around me means a lot.”



Paul 'Fluffy' J. – Abri Resident

We understand that moving into a aged care home can be overwhelming.

When you choose Abri Residential Aged Care, you will be part of a supportive community, where you can continue to do the things you love and have the peace of mind that you are receiving the level of care that's right for you.

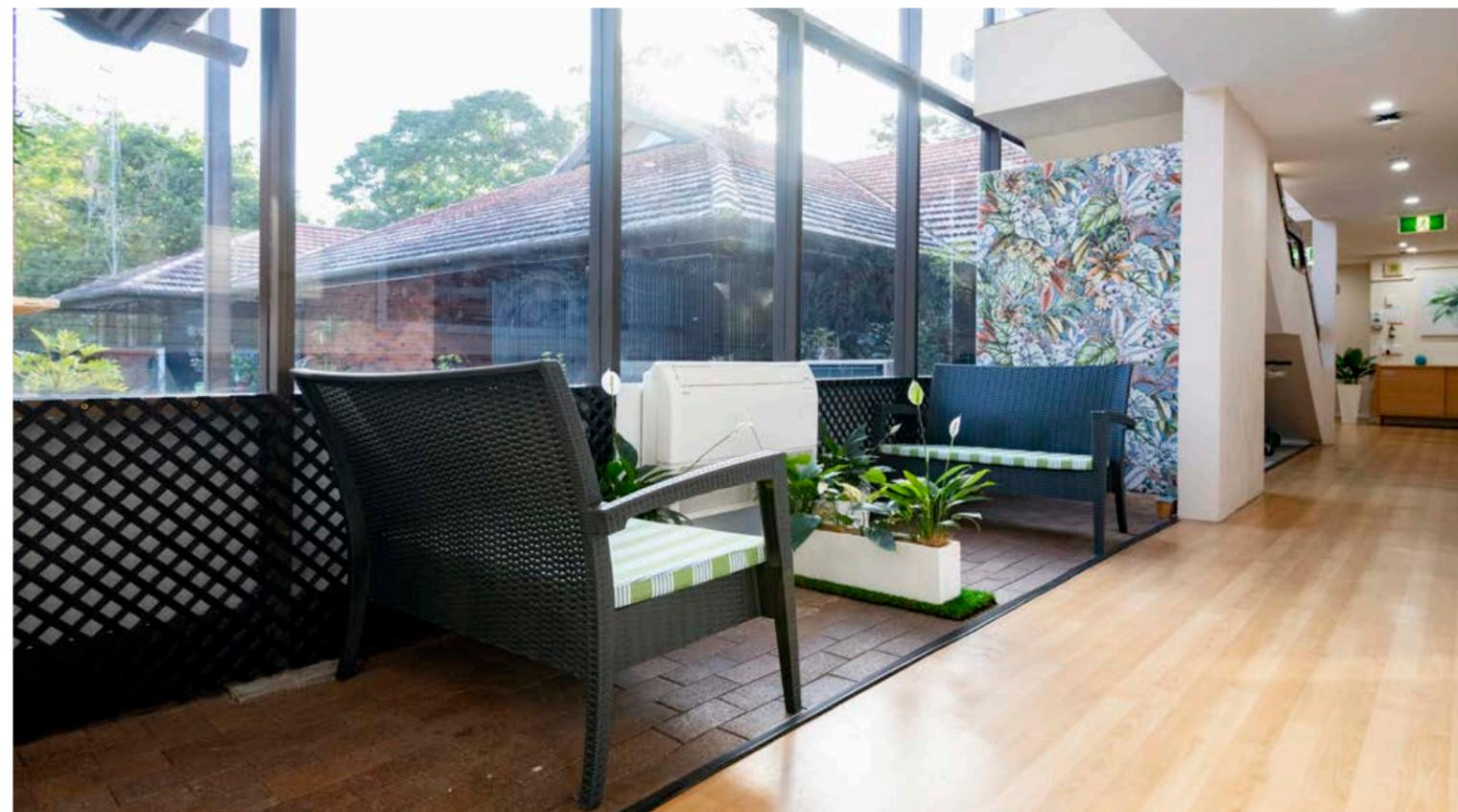


## Living at Abri

Surrounded by tree-lined grounds, Abri is home to 61 residents. Located on the Gold Coast, Abri is a short walk to the Southport Broadwater Parklands where community events and festivals are frequently held. The home is also conveniently located close to public transport and is walking distance or a short drive to local shops and Australia Fair Shopping Centre

Our qualified and caring staff assist in fostering a loving community and friendships through activities and a variety of social hubs. Residents can enjoy relaxing in the dining area or outdoors in the al fresco courtyards. Other social hubs include the communal lounge and library.

At Abri we go to great lengths to make our residents feel at home and know their life experience is valued and respected.



### Abri is a fully accredited residential aged care home.

#### Features:

- 24-hour nursing and care services
- Dementia support, including accommodation and recreation
- Respite support
- Tree-lined grounds and landscaped gardens
- Social activities and outings
- Allied health services
- Library
- Hairdresser
- Al fresco courtyards for entertaining and social events
- Regular onsite church services
- Spiritual and pastoral support.



# Your Wellbeing

Your care and wellbeing is at the heart of everything we do.

## Rhythm of Life™ - Our Care Model

Our staff regularly engage with residents and their families to understand how we can do better on our journey for excellence. Our standards of care are lived through the philosophy and principles of our Rhythm of Life care model – embracing the power of individualised care by genuinely including people’s interests and passions into their daily experiences.

## Our Philosophy

*“The care we offer responds to the diverse needs and choices of the people we serve. Rhythm of Life supports autonomy, dignity and encourages people to form and strengthen partnerships of care”.*

## Our Principles

*Everybody has a unique story*

*Everybody deserves honour and respect*

*Everybody will be supported in decisions relating to their life*

*Everybody will be encouraged to maintain and develop relationships that are meaningful*

*Everybody will be provided with holistic care that meets their individual needs*

*Everybody will be supported to feel safe, comfortable, welcome and ‘at home’*

*Everybody will have their needs and preferences acknowledged and valued*

## Our Standards of Care

We are committed to excellence in care; contemporary practice and care models with an ongoing process for continuous improvement. We are committed to maintaining the level of care and resident outcomes outlined by the Aged Care Quality Standards set by the Aged Care Quality and Safety Commission. We regularly monitor feedback and outcomes to ensure we continually improve our services and meet your expectations.

## Your Right to Choose

We aim to work in partnership with you and your family by respecting your identity, choices about your life and how you would like to live each day. Our staff will work with you to ensure your decisions about care and services and your right to take risks is well-balanced, well-informed and agreed upon.

## Our Initiatives

Some examples of our commitment to individualised care include:

- flexible breakfast times and lunches of choice
- resident committees to assist in decision making for the home
- food forums to discuss menu ideas
- activity boxes including craft and games that are accessible anytime.

“I enjoy a daily walk to the parklands. Most afternoons I read my book in the courtyard. It’s very peaceful here.”

Claire



# Your Care

When you join us, our Care Coordinator or Clinical Nurse will have regular catch-ups so we can develop a plan of care with you. It is important that we plan together so we meet your individual needs within your life in the home.

You will continue to have every opportunity to tell us how you would like to be involved in all aspects of daily life and care.

Keeping your family or significant other informed about changes to your care is very important. It is our practice to let your family know if you have a fall, your medication changes or if you have any health issues. Likewise, if you go to see a doctor or allied health service outside the home we like to be kept informed to ensure you receive the best holistic care.

Understanding who you are as an individual, what you like to do, how you like to live each day and what is meaningful in your life – matters to us. We are here to support you so you can continue to do the things you love in your new home and live the life you want.

Our team of clinical staff provide person-centred, evidence-based care 24 hours a day, within a supportive environment.

You will have access to a range of allied health professionals that regularly visit Abri, including a physiotherapist, podiatrist, dentist, audiologist, speech therapist, psychology services and dietitian.

We will support you to maintain your own doctor to visit you at the home. If this service is not available to you, we have a number of doctors who visit the home regularly.





“Yesterday we enjoyed a high tea. Having community activities means I can catch-up regularly with other residents.”

Ken



## Your Food

All our meals are prepared in our on-site full commercial kitchen, in accordance with National Food Safety Standards and in consultation with a nutritionist. Our menus are carefully planned with nutrition, fresh produce and variety in mind.

We review menus regularly, run food focus groups and encourage feedback from our residents to understand what they like and if they have any new meal ideas.

Special dietary requirements are catered for including individual and cultural needs.



## Staying Healthy

We offer individualised lifestyle programs tailored to residents' interests, passions and backgrounds. We support you to continue to do the things you are passionate about and encourage independence to choose other individual and group activities.

Activities to stay active in mind and body include:

- bus outings
- craft and games
- social and community engagement e.g. school visits and performances
- volunteer visits and activities
- live shows and concerts.



## Your Community

Our leisure and lifestyle specialists coordinate a broad variety of activities with the residents. Pre-entry discussions and feedback from our residents helps our staff to identify leisure interests so our program can be tailored to suit preferences.

Communal areas including the dining room, library, communal lounge and courtyard are also opportunities to connect with others.

A fully qualified spiritual and pastoral carer is available to provide spiritual support for both residents and their families.





## Our Rooms

Your comfort and creating a home environment that suits you is important to us.

All our rooms have television and telephone points. Our installed safety systems include nurse call and fire safety services.

We offer three room types to suit your needs:

### Single ensuite room

- Medium-sized air conditioned single room (14m<sup>2</sup> to 18m<sup>2</sup>) with private ensuite.
- In-room storage, including built-in wardrobe with shelving and chest of drawers.

### Single shared ensuite room

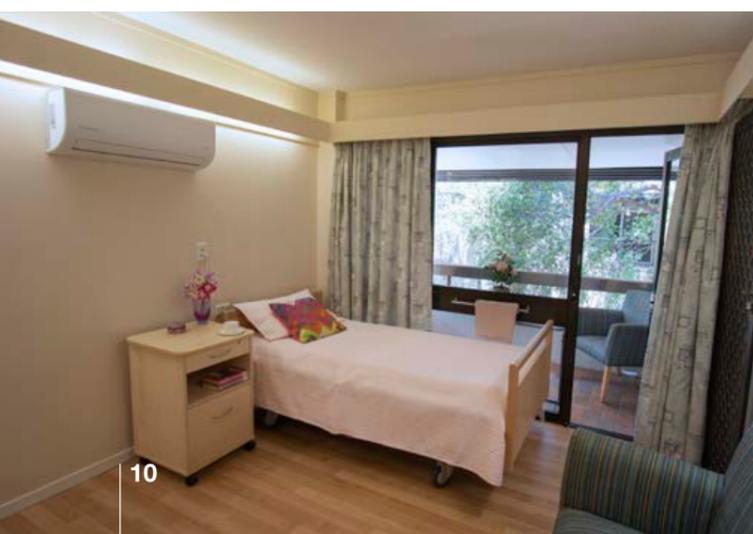
- Medium-sized air conditioned single room (14m<sup>2</sup> to 18m<sup>2</sup>) with share ensuite.
- In-room storage, including built-in wardrobe with shelving and chest of drawers.

### Single shared ensuite room in dementia care area

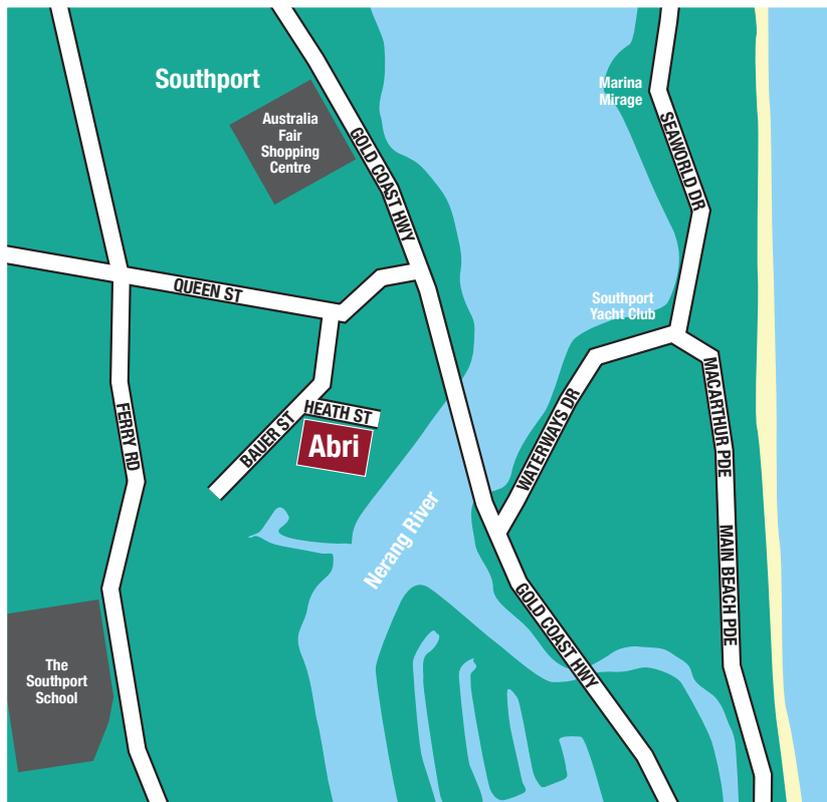
- Medium-sized air conditioned single room (14m<sup>2</sup> to 18m<sup>2</sup>) with shared ensuite.
- Specialised memory support.
- In-room storage, including built-in wardrobe with shelving and chest of drawers.

We understand that there are many things to consider when you move into a residential aged care community. We would love to show you around Abri so you can make an informed decision about your care.

**To book a tour at Abri, call us today on 1300 610 610.**



We look forward  
to welcoming you.



### Abri Residential Aged Care

37 Bauer Street, Southport Qld 4215

**Call 1300 610 610 to book a tour of Abri today.**



Anglicare Southern Queensland acknowledges the Traditional Owners of the lands on which our services now stand. We pay our respect to Elders – past, present and emerging – and acknowledge the important role of Aboriginal and Torres Strait Islander people in caring for their own communities.

