

St John's Home for Men, Toowong



Your Home in West Brisbane

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 have been here for a while now. The Good Neighbours Program is something I enjoy. We have students visit us regularly. For me, it’s a chance to meet new people and have a chat.”

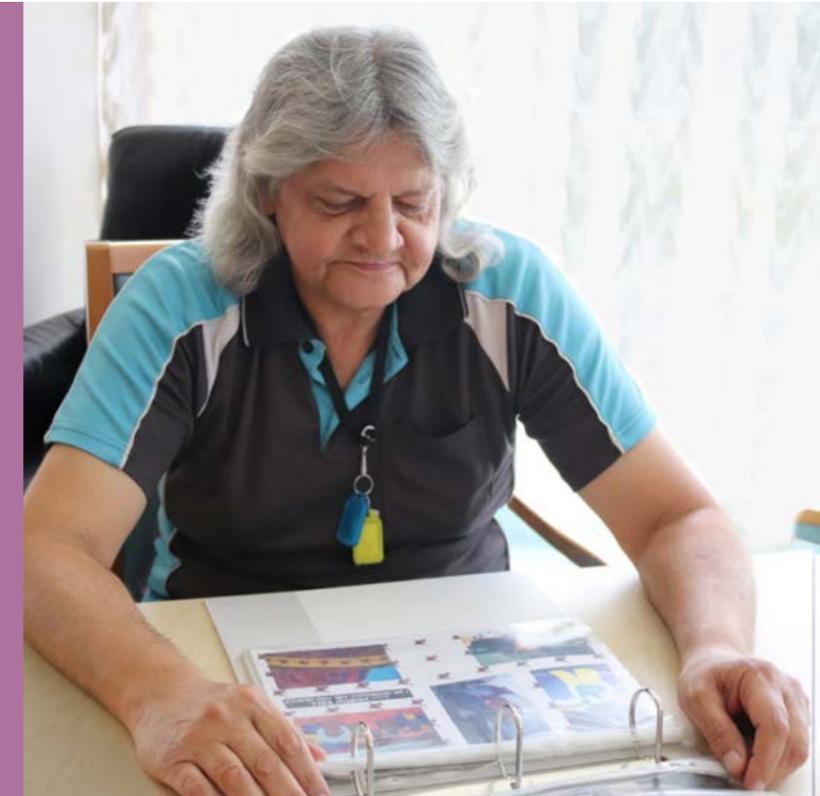
Gavin – St John’s Resident

Martin’s Story

“I’ve been sketching for as long as I can remember. I formally trained through the Queensland College of Art. My teacher encouraged me to enter the NAIDOC Art Awards in 2002. My own life experiences provide inspiration for my art. They include paintings of landscapes and I also love to paint people. The whole point of painting is to express yourself.

I’ve been here a while. It’s good here, great staff and I have made some good mates here, too.

I like to travel and catch-up with my relatives. Family is very important to me.”



Martin – St John’s Resident

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

When you choose St John's Home for Men 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.



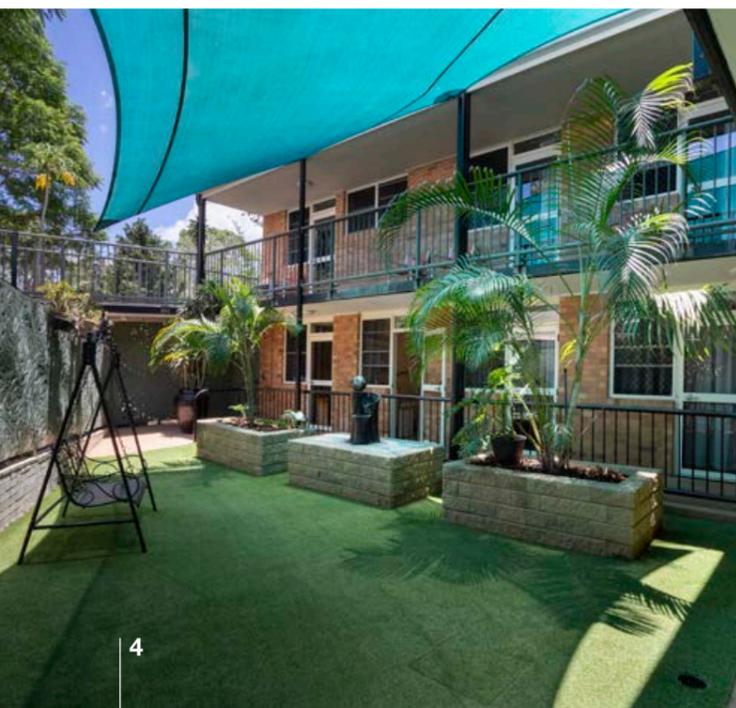
Living at St John's



St John's is located in the leafy suburb of Toowong, in the inner west of Brisbane. Reserved for men only, St John's provides special accommodation and recreational amenities for those with dementia. Homeless men and those with complex behaviours and health issues are also catered for. Conveniently situated on the public transport route, St John's is home to 64 residents.

Our qualified and caring staff assist in fostering a loving community and friendships through activities and a variety of social hubs. Residents can relax in the games room or common lounge area. Other social hubs include the dining areas, cinema room and outdoor barbeque area.

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



St John's is a fully accredited residential aged care home.

Features:

- 24-hour nursing and care services
- Dementia support including accommodation and recreation
- Social activities and outings
- Allied health services
- Respite support
- Canteen
- BBQ area, games room, mini library
- Hairdresser
- Spiritual and pastoral support
- Craft groups
- Good Neighbours Program



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.



“It is a very friendly place. I have just moved here and I feel like I can relax.”

John



Your Care

When you join us, our Care Coordinator or Clinical Nurse will meet with you regularly to develop your care plan. We work on this together to make sure all your individual needs are met.

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 there are any changes to your health or medication. Likewise, if you go to see a doctor or allied health service outside of 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.

There are also a range of allied health professionals that regularly visit St John’s including a physiotherapist, podiatrist, dentist, audiologist, speech therapist and dietitian. An onsite hairdresser is available by appointment.

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.

*The Rhythm of Life trademark and program materials are used with the permission of Anglican Community Services, trading as Anglicare Sydney.



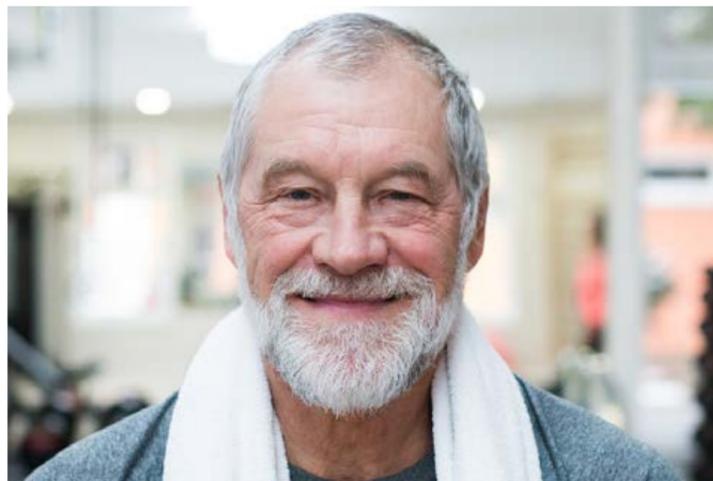
"I really enjoy catching the bus to the Indooroopilly shopping centre or taking a walk to Anzac Park."
Dan

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:

- arts and music
- craft, bingo and board games
- exercise and wellness stretch classes
- onsite barbeques
- cinema
- social outings, including shows and museum visits.



Your Food

All our meals are prepared in our on-site 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.

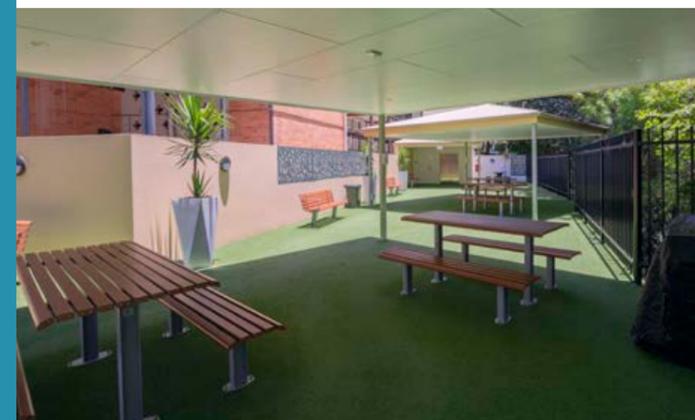
Special dietary requirements are catered for including individual and cultural needs.

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, barbeque area and games room 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

St John's Home for Men features single rooms and single dementia rooms with specialised support.

We offer two room types to suit your needs:

Single standard room

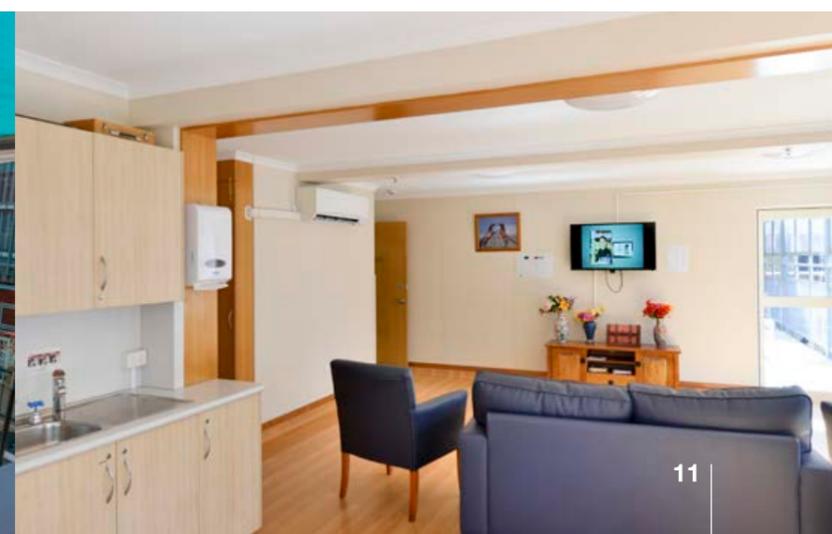
- Medium air conditioned single room (14m² to 18m²) with shared bathroom.
- Located adjacent to lounge and dining spaces.
- In-room storage, including built-in wardrobe with shelving and chest of drawers.
- Some rooms are fitted with ceiling hoist system.

Single dementia room (specialised support)

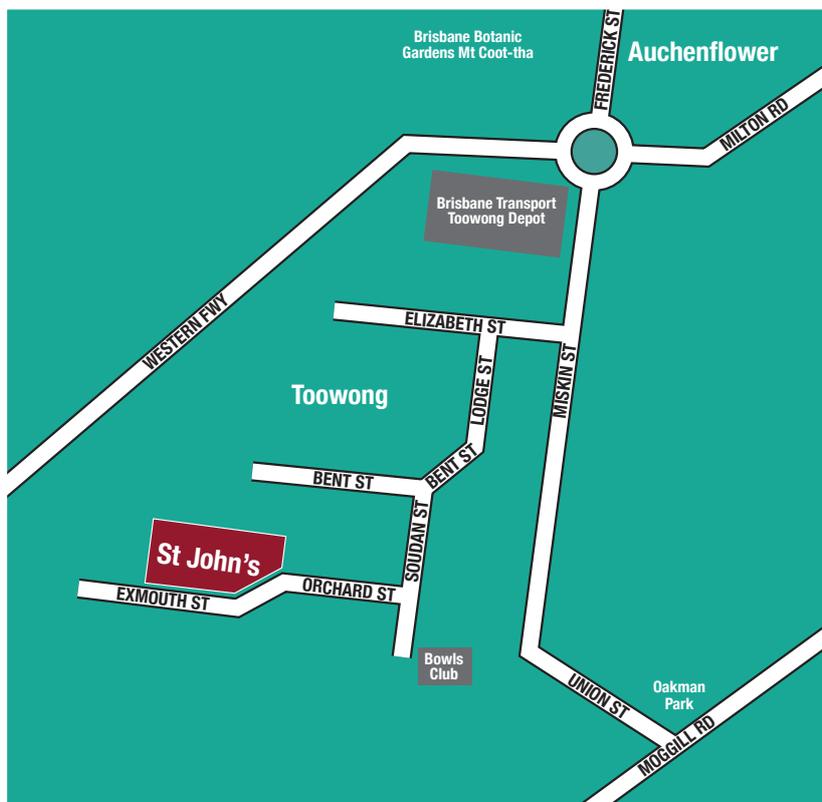
- Medium air conditioned single room (14m² to 18m²) with shared bathroom.
- Located adjacent to lounge and dining spaces.
- In-room storage, including built-in wardrobe with shelving and chest of drawers.
- Some rooms are fitted with ceiling hoist system.

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 St John's so you can make an informed decision about your care.

To book a tour at St John's Home for Men, call us today on 1300 610 610.



We look forward
to welcoming you.



St John's Home for Men

11 Exmouth Street, Toowong Qld 4066

Call 1300 610 610 to book a tour of St John's 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.

