



LIVE LIFE YOUR WAY

# Mayflower Reservoir Aged Care

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



## WELCOME TO MAYFLOWER RESERVOIR

Nestled in a quiet residential pocket of a vibrant multicultural community, Mayflower Reservoir offers first class care in a warm and homelike environment.

This brand new facility is purpose built to enable every resident to live their best life with care and support.

Light bright spaces, generous rooms, lush gardens, and first class amenities combine with personalised care to deliver an experience that is second to none.

Carefully crafted to feel like home, our residents feel safe and secure in intimate households with flexible living as individual as they are.

Each house offers a dedicated lounge, dining room and access to the outdoors – as well as cosy spaces and sitting areas to relax in with family and friends or just to sit and undertake quiet reflection.

We embrace family, cultural diversity and spirituality. Cultural diversity is celebrated through our lifestyle programs, menu options and multicultural staff.

Our care is tailored to each person. We value their story - knowing this is what makes them who they are today.

By paying attention to the detail, we are able to find opportunities to brighten every day, giving it purpose and meaning.

Afterall, it's all the little things you do that add up to extraordinary care.

Experience the Mayflower difference. Visit us today to find out how you can live life your way at Mayflower Reservoir.

Mayflower Reservoir is a two-stage redevelopment to create a first class, dementia-friendly aged care home that will grow to cater for 110 residents.

Stage 1 will offer 54 spacious suites, with a wide range of amenities.

Stage 2 is due for completion in late 2021 and will deliver 56 suites, as well as a formal reception and main foyer, and on-site café with alfresco dining.

Images of the building, rooms and gardens are artists impressions.

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## YOUR LIFE - YOUR WAY

Some days you want a cuppa and a chat, other days you just want to enjoy some peace and quiet. And today, if you want to bake biscotti in our kitchen, that's okay with us.

At Mayflower we understand that individual wishes can change, that is why people — and their needs — are the heart and soul of everything we do.

We want to make every day better for our residents by providing genuine, individually tailored support and care.

Our team takes the time to really get to know each resident and their family. We find out what you love and how you like to live, then together, we create a personalised plan that nurtures your independence, lifestyle and social connections.

By putting people first, our residents are in control of their own lives; they can make their own plans, set their own agenda and take each day at a pace that suits them.

Naturally you'll receive best in care. With registered nurses on duty 24 hours a day, seven days a week, we are able to provide a full range of care services with a focus on wellness, reablement and ageing in place, so you can feel confident knowing that we can support you — whatever your needs may be.



## FIRST CLASS FACILITIES

Enjoy beautifully landscaped gardens, a vibrant community atmosphere and facilities that are second to none. Delight in elegant shared spaces meticulously designed with comfort in mind.

Our brand-new two-storey home features dementia-friendly design, four courtyards, a warm and modern décor, and will grow to have ample space for 110 residents.

Each household of 22 residents will enjoy their own private spaces for dining, relaxing and entertaining. There are also large shared areas where all residents can gather together for activities, and other quality spaces to enhance wellbeing and social connections.

We encourage you to invite your family and friends to share our landscaped courtyards, attend the reflection room for quiet prayer or a service, or celebrate a special occasion in our private dining room.

Whichever way you choose to spend your day, Mayflower Reservoir will have an option for you.

- Chapel / reflection room with stained glass windows
- Hairdressing and beauty salon
- Big screen cinema experience
- Wellness centre with gymnasium
- Onsite cafe with a large alfresco dining area (coming late 2021)
- Dementia friendly sensory garden
- Large activities rooms with kitchens for residents to cook in
- Guest suite for family and friends
- Private dining room
- Community bus for outings and excursions





## **ALL THE CARE YOU NEED**

With registered nurses on duty 24 hours a day we can provide care services to meet your every need in a loving home environment.

Mayflower Reservoir has been carefully designed to support ageing in place — from low to high care, specialised dementia care and palliative care.

This means we can continually adjust our services to meet your changing needs, giving you and your loved one's peace of mind that you won't ever have to move from our home, even if you need more care.

### **HOME CARE**

If you're not ready to move into aged care just yet, we can provide home care services to help you keep living independently at home. Whether you need basic assistance with daily chores, or more intimate care like help with dressing, bathing, or nursing care, our compassionate professionals are here for you.

### **RESPIRE CARE**

We understand that the responsibility of daily care can take its toll. Talk to us about providing your loved ones with a safe and secure environment that will allow you to take a well earned rest. We welcome our respite residents like family and ensure that they are supported with personal care, so you can have peace of mind.

### **SPECIALIST DEMENTIA CARE**

Caring for someone living with dementia can be challenging. We are passionate about providing specialised support to families and residents to make the transition to aged care as positive as possible. We work hard to understand what makes each resident feel happy and valued, so they can live safely and securely, while enjoying meaningful everyday activities that stimulate and engage.

Mayflower Reservoir reflects dementia friendly design across the home, catering for people living with various stages of memory loss as well as mild to severe cognitive impairment, including Alzheimer's and Lewy body disease.

### **PALLIATIVE CARE**

For our residents requiring palliative care we talk through the creation of an individual care plan with the resident and their family and respect and honour their wishes. We promote a safe, quiet and peaceful environment that is dignified, respectful and compassionate.



## A VIBRANT COMMUNITY

Life feels good when friendly chatter fills the room. By offering thoughtful spaces to nurture our community, we help our residents to live their best life.

Mayflower Reservoir has been designed to encourage meaningful interactions by providing comfortable and engaging spaces for our community to come together.

From intimate dining spaces and sitting rooms to spend time with loved ones, to lounge environments with tea and coffee making facilities, activities rooms with kitchens, spacious outdoor balconies, and a vibrant café with alfresco dining (coming late 2021), there will be a place for every occasion.

## WELLBEING AND LIFESTYLE

The key to a happy life is an active and engaging lifestyle. We work hard to enhance your wellness so you can keep enjoying activities that you love.

With an onsite wellness centre, vibrant lifestyle program, team of health professionals and strong connections to the local community — we are able to create the perfect wellbeing program for you.

This includes nurturing meaningful relationships with family and friends and encouraging community participation in your life.

### LEISURE AND LIFESTYLE

We know that one size doesn't fit all, so we work closely with you to develop a personalised lifestyle program tailored for you.

We do this by understanding your skills, interests and personal choices, and then design activities that help you live your best life every day.

We offer social and therapeutic options that inspire active minds and active bodies, including art and craft classes, games, exercise and discussion groups, entertainment and more.

We celebrate cultural diversity and spiritually, and host regular church services in our reflection room.

We have kitchens in our activities rooms for residents who like to cook.

We also get out and about with regular excursions to popular tourist attractions as well as local favourites such as the Darebin Arts and Craft Centre, Men's Shed, and Morning Melodies.

Family and friends are encouraged to participate as much as possible.

### WELLNESS AND REABLEMENT

Your wellness is our priority, and we work hard to enhance what you can do, so you can stay independent as long as possible.

We promote independence through our visiting physiotherapists and exercise physiologists who provide programs that increase strength, balance and confidence, and help manage pain.

Our purpose-built wellness centre and gymnasium provides the perfect place for gentle training.

Residents can participate in daily exercise programs to improve balance and confidence, including strength and endurance classes and arthritic management exercise.

Our aim is to keep you happy, healthy and engaged, so you can look forward to every day.



## OUTDOOR LIVING

There's nothing like getting out into the garden to brighten your day. Spending time outdoors is essential for wellbeing and can have a profound effect on quality of life.

When residents can easily access outdoor areas, they are happier and more content. For people living with dementia, being in a garden environment can reduce symptoms of anxiety and agitation.

Our home has been designed to bring the outdoors in, and will grow to offer four internal courtyards, landscaped perimeter gardens, a dementia friendly sensory garden, and a large upper storey terrace overlooking the landscape below.



## SPECIAL MOMENTS

Every moment of every day, our staff are looking for new ways to make our residents feel loved and important.

We make a big deal of birthdays, anniversaries, cultural events and special occasions. We also like to celebrate the little moments — such as improvements in mobility and health.

We notice the little things, by listening carefully, because nothing makes us happier than making a real difference in residents' lives.

Our residents come from all over the world. Celebrating cultural events helps our residents to connect to their heritage, reminding them of their homeland and bringing opportunities to share their treasured memories with others.

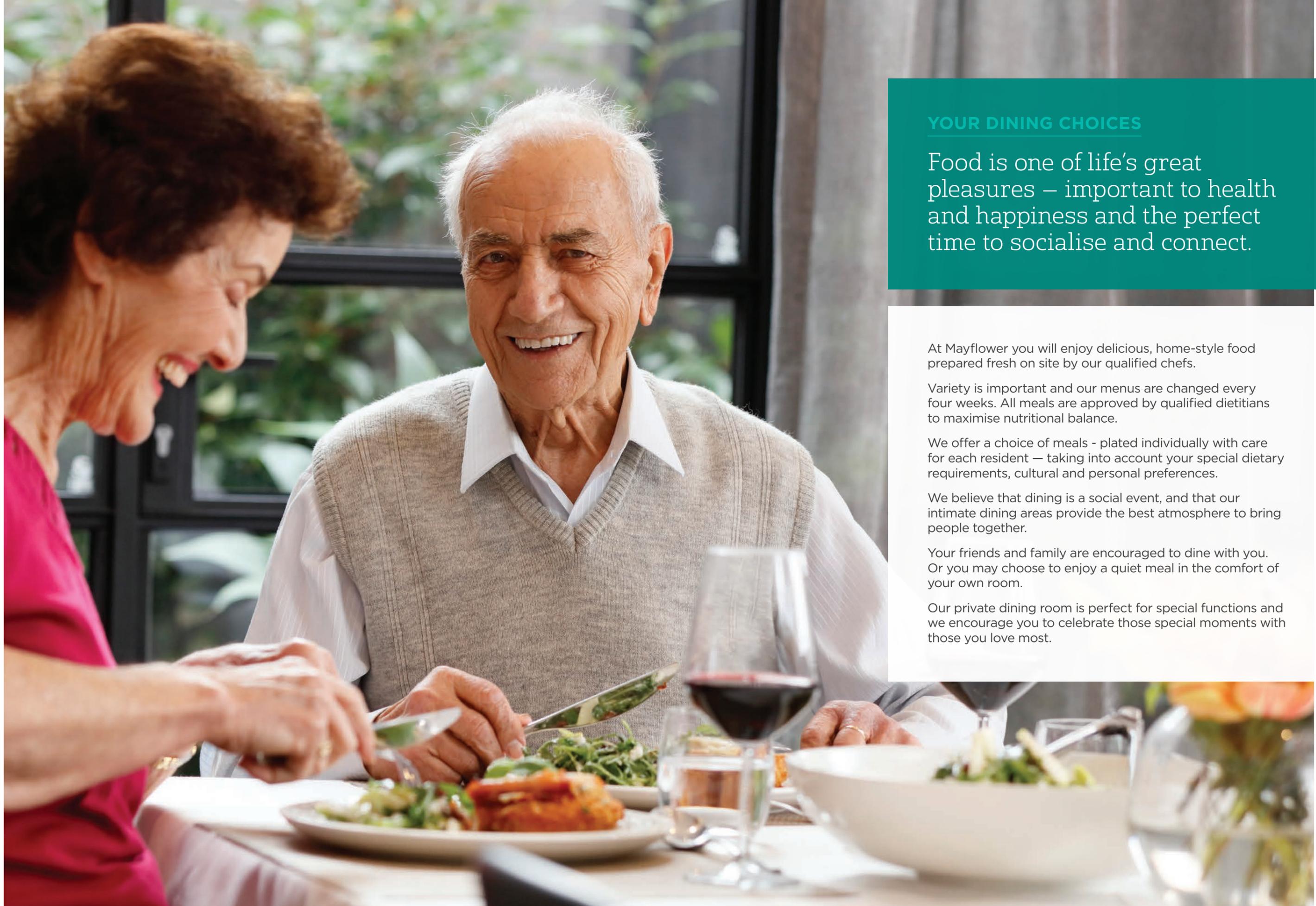
By fostering a shared appreciation of residents' individual experiences, we help build a real sense of family and community.

Everyone loves a birthday celebration and we like to celebrate as one big family, sharing in the hip-hip-hooray. You can also choose a more intimate celebration with those closest to you in our private dining room, catered by our on-site chefs.

We also love making a big deal of popular celebrations — like Father's Day, Mother's Day, Christmas, New Year's Eve, Spring Racing Carnival, the AFL Grand Final and Easter — which we celebrate twice, recognising both the Western and Orthodox Easter.

But we don't just wait for special occasions to make a day to remember. Every day our care team look for opportunities to brighten residents' days. Whether it's recognising a family wedding, the birth of a new great grandchild, or a special memory, our team will be there for you.





## YOUR DINING CHOICES

Food is one of life's great pleasures – important to health and happiness and the perfect time to socialise and connect.

At Mayflower you will enjoy delicious, home-style food prepared fresh on site by our qualified chefs.

Variety is important and our menus are changed every four weeks. All meals are approved by qualified dietitians to maximise nutritional balance.

We offer a choice of meals - plated individually with care for each resident – taking into account your special dietary requirements, cultural and personal preferences.

We believe that dining is a social event, and that our intimate dining areas provide the best atmosphere to bring people together.

Your friends and family are encouraged to dine with you. Or you may choose to enjoy a quiet meal in the comfort of your own room.

Our private dining room is perfect for special functions and we encourage you to celebrate those special moments with those you love most.

A photograph of a modern bedroom suite. The room features a king single bed with a wooden headboard, a grey and white patterned duvet, and a dark blue throw blanket. To the left of the bed is a window seat with two dark blue cushions. A dark blue armchair is positioned near the window. To the right of the bed is a wooden bedside table with three drawers, holding two glass bottles and a small decorative object. The room has light wood flooring, a white ceiling with recessed lighting, and a large window with a view of greenery. A wooden bookshelf is visible on the left side of the room.

## SPACIOUS SUITES

Mayflower Reservoir has been designed to maximise natural light and delivers premium accommodation with a homely touch.

We offer spacious, bright, meticulously appointed suites with all the comforts of home. You will enjoy a large and comfy king single bed, luxury ensuite, high quality cabinetry, and a private window seat for you and your guests.

Each room comes with ample storage and shelving to personalise your space, a smart TV for entertainment, and wide windows with garden or courtyard views.

Your suite is your own private haven in which to relax, spend time with visitors or catch up on your favourite television show.

Residents are encouraged to personalise their room, and couples and relatives can be accommodated close together.

## WHY CHOOSE MAYFLOWER

You will enjoy peace of mind with genuine individually tailored support and care, quality social interactions, and a focus on your wellness – so you can keep enjoying the activities that you love.

Mayflower offers you the best in care, with:

- Registered nurses, onsite 24 hours a day
- Wellbeing programs to help you maintain your independence
- Spacious private rooms with ensuite facilities
- Delicious fresh meals, prepared by qualified chefs on site
- Respite, dementia and palliative care options
- Vibrant community atmosphere
- Chapel / reflection room, hairdresser and beauty salon
- Cafe with alfresco dining (coming late 2021)
- Family connections are nurtured and encouraged

Join us at Mayflower and discover how we can help you *live life your way.*

## OUR VISION

*Care without Compromise.*

## OUR MISSION

Enhancing quality of life choices for our community.

## OUR VALUES

**Compassion** We care for those in need with empathy and understanding.

**Excellence** We strive for quality and distinction.

**Integrity** We are honest, ethical and sincere.

**Respect** We recognise the value, uniqueness and dignity of every person.

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## MAYFLOWER

### DISCOVER THE BEST IN CARE

In a journey spanning more than 50 years, Mayflower has become a trusted not-for-profit provider of residential aged care, home care and retirement living services.

We've become known for caring compassionately with thoughtful services that encourage independence, wellbeing and lifestyle. Currently, we have services in Reservoir, Macleod, Pascoe Vale, and Brighton.

Discover how we can support you to keep living your life, your way.

*Live life your way...*

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