

WELLBEING

The health and wellbeing of our residents is of the utmost importance and we offer a range of allied health services to support the clinical care services within Hardi Guildford to ensure our residents are provided with the best care and highest quality of life.

Hardi Guildford's wellness program is developed with and delivered by qualified health professionals and takes a holistic person-centred approach for the physical and mental wellbeing of our residents.

With the assistance of physiotherapists, we provide individualised programs for rehabilitation and mobility maintenance for each of our care recipients to assist in remaining as independent as possible.

At Hardi Guildford, we offer the following health care and assistant services an addition to our ongoing nursing care.

- **Physiotherapy**
- **Occupational therapy**
- **Speech pathology**
- **Dental Care**
- **Hearing services**
- **Mobile X-Ray**
- **Podiatry**
- **Massage therapy**
- **Psychology**
- **Specialised Wound Management**
- **Optical Care**
- **Pathology Services**
- **Pharmaceutical Services**
- **Escorts to Appointments**

LIFESTYLE

Hardi Guildford's lifestyle program caters to everyone and we offer activities that are both enjoyable and stimulating. We believe that an active and fulfilling social life is vitally important to the health and wellbeing of our residents.

To ensure our residents are happy and active our Recreational Therapy Department maintains a full schedule of activities appropriate for residents of varying energy levels and cognitive abilities. These include table and floor games, arts and craft sessions.

Our residents particularly enjoy the pets when they visit as part of the Pets for Therapy program. Residents can relax under the gazebos or do some planting in the planter boxes growing vegetables and flowers.

Our weekly regular bus outings are a favourite with residents visiting interesting venues around Sydney and the local area. We hold regular sing-along's with singers and musicians which is all a part of our comprehensive lifestyle program that is designed to be meaningful and stimulating. A range of dining, living and activity areas are available for residents to relax and unwind including a library and large screen TVs.

Freshly prepared meals are cooked by our in-house chef. We are close to all of the amenities you need - local shops, transport, local parks and medical facilities. We are located opposite Guildford Bowling Club and close to Guildford Park and Guildford Country Soccer & Recreation Club.

The facility is in close proximity to local shopping facilities and cafes on Guildford Road. Public Transport is close by with the Guildford Station 450 metres from facility or bus (822 exit Bursill Street 20 metres from facility). Some of our residents are from a multicultural background with their specific needs being met by staff who are from a similar background. Some of our staff are fluent in these languages.

