

WELLBEING

The health and wellbeing of our care recipients is of the utmost importance and we offer a range of allied health services to support the clinical care services within Blacktown Aged Care Facility to ensure our care recipients are provided with the best care and highest quality of life.

Blacktown 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.

We also use pet and music therapy to enhance the emotional and psychosocial wellbeing of our residents.

At Blacktown Aged Care Facility, we offer the following health care services in addition to our ongoing nursing care.

- **Physiotherapy**
- **Pet therapy**
- **Occupational therapy**
- **Music therapy**
- **Podiatry**
- **Massage therapy**
- **Speech pathology**
- **Psychology**

LIFESTYLE

We understand that maintaining a socially active lifestyle and continuing as an active member of the community is as important to our residents as remaining physically healthy.

Our team of talented Diversional Therapists, Resident Activity Officers and Lifestyle Coordinators have designed a unique leisure and lifestyle program that is both meaningful and stimulating and caters to the variety of needs and interests of our residents. We believe in empowering our residents and are focused on delivering services that support and encourage them.

As part of our lifestyle program we have a variety of regular activities including high tea, happy hour, movie screenings, singalongs, and visiting entertainers.

With access to our privately owned bus our residents are privy to bus outings to various locations around Sydney and scenic drives.

