

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 Manly Vale to ensure our residents are provided with the best care and highest quality of life.

Hardi Manly Vales' 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 Manly Vale, we offer the following health care and assistant services in 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 Manly Vale'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 on the community bus are a favourite with residents visiting interesting venues around Sydney. 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 close to all of the amenities you need – local shops, transport, local parks and medical facilities.

The facility is in close proximity to Warringah Mall Shopping Centre, Totem shopping Balgowlah, Manly Dam and several well-known beaches with restaurant strips. Buses stop just metres from the facility, with access by Public Transport is government buses from the city through Mosman and The Spit (bus number 145 through to 192).

