

# 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 Hardi Penrith to ensure our residents are provided with the best care and highest quality of life.

Hardi Penrith'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 Penrith, 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**
- **Podiatry**
- **Massage therapy**
- **Psychology**
- **Optical Care**
- **Specialised Wound Management**
- **Mobile X-Ray**
- **Pharmaceutical Services**
- **Pathology Services**
- **Escorts to Appointments**

# LIFESTYLE

Hardi Penrith'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. 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.

Home cooked meals are cooked on site by our qualified chef. Our highly qualified team appreciate that each resident has different needs and preferences and offer both time for interaction as well as independence and individuality.

The facility is in walking distance to Panthers Leagues club and its many entertainment precincts, Penrith Paceway and Penrith Markets. Mountainview Aged Care is also in close proximity to Westfield and Centro Shopping Centres and the Joan Sutherland Arts Centre.

The Penrith railway, bus, and taxi terminals are close by and there is a free courtesy bus service that runs on a regular timetable passing the facility several times every day.

