

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

Hardi Seven Hills 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 Seven Hills, 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 Seven Hills 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-alongs 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.

The special extra service section of the facility has a large outdoor area with BBQ and walking paths which makes it a popular area for relaxing with family and catching up with friends.

We support resident independence and individuality. Our lifestyle program caters to everyone and we offer activities which are both enjoyable and mentally stimulating.

We are close to all of the amenities you need - local shops, transport, local parks and medical facilities. These include Seven Hills Centro Shopping Centre and Seven Hills Railway station.

