



Sydney Village Green

care-based villages by Greengate

We Get It: Our Unique Approach to Dementia

Did you know there are over 100 types of Dementia? The Care Team at St Patrick's Green does and they understand that each type requires a different approach to care. Every team member in our Aged Care Home undertakes Dementia training, which supports the individual style of care they provide to each of the residents living with Dementia in Synergy House.

Getting to know our resident's diagnosis is the first step in creating a personalised care plan for them and will determine the types of lifestyle choices (activities) we will recommend. By understanding our resident's type of Dementia, our team can then provide that resident with the appropriate support. 'Whilst a lot of Aged Care Homes have something similar to Synergy House, a lot of them don't have a different approach for each type of Dementia – instead we often see the same approach being used for every resident. We're unique here at St Patrick's Green because we care for each of our residents living with Dementia in different ways,' said Lisa Norwood, Lifestyle Team Leader.

It all comes back to person-centred care: in our Aged Care Home we get to know our residents, their lives and

their reality. When a new resident moves in, we sit down with their family to gain a better understanding of their life history and choices. This information is then given out to our Care Team so they can take a personalised approach when caring for and building a relationship with that resident. The St Patrick's Green team doesn't just know the resident as Jan who lives in room 622, but instead they know she is Jan who spent her years dancing and now listening to music helps her to feel calm.

In Synergy House we treat each of our residents as the individuals they are. The residents of our Aged Care Home living with Dementia are no different to any other resident, they are treated the same and involved in our community. St Patrick's Green provides a friendly and supportive environment, with all staff proud supporters of the Dementia Friends program.

If you have a loved one living with Dementia, and would like to learn more about our unique and personalised approach to care, contact the team at St Patrick's Green, Kogarah today. To arrange a tour of Synergy House in our Aged Care Home call us on 02 9097 9175 or email stpatricksgreen@greengate.com.au.

Greengate

Greengate Care Pty Ltd ABN 12 134 367 927



St Patrick's Green

KOGARAH

02 9097 9175

40 Chapel Street Kogarah NSW 2217



St Brigid's Green

MAROUBRA

02 8097 1775

220-230 Maroubra Road Maroubra NSW 2035

Making a Smooth Transition into Aged Care

Anyone who's had a loved one move into a Residential Aged Care Home knows what a daunting experience it can be. For many, it comes with mixed emotions; some might be sad about leaving the family home, scared, or simply unwilling to accept that they need care — all of these are perfectly normal emotions for such a big decision. At St Patrick's Green we recognise that some people need a little extra help transitioning into Aged Care, whether it be the new resident or their family. That's why we have introduced a Transition Nurse role at our Aged Care Home in Kogarah, and it's a game changer for the industry.

We'd like to introduce you to Michelle Pool, the Transition Nurse at St Patrick's Green, who brings 13 years' experience in nursing, as well as an empathetic and caring nature. We're proud to have her on board to help our residents settle into life at the village. As Transition Nurse, Michelle buddies with new residents to orientate, clinically assess, answer questions, follow-up, and to be the first friendly face our residents get to know.

When we spoke to Michelle, she said 'Moving into our Aged Care Home is a big step, so I'm glad I can be here to make the transition smoother for our residents. Sometimes when they arrive, you can see in their face that they're scared or overwhelmed with the change. My job is to make them feel at ease and listen to their concerns — it's a role which suits my maternal nature. I spend their first day getting them settled in, and by the time I pop in for a follow-up the next day I usually get a smile and can see them starting to relax.'

On the first day our Transition Nurse will meet and greet the new resident, showing them around their suite, the Aged Care Home, and the village community areas. After that, Michelle will organise lunch in the Dining Room with the new resident and their family. 'Having loved ones here for lunch on the first day creates a comfortable environment and helps our residents to settle in and become familiar with the village. Over the following weeks, I'll continue to check in to help our resident organise anything that will make their life at St Patrick's Green better,' said Michelle.

Behind the scenes, our Transition Nurse also puts her RN skills to good use. On the first day, Michelle will



complete all of the initial assessments, organise all of the resident's medications, notify the pharmacy, and contact the GP.

When asked what her favourite moment at St Patrick's Green has been so far, Michelle answered, 'A few weeks ago a lady moved in and initially she really didn't want to be here. She didn't want to leave her home, her family was feeling guilty, and the lady was very quiet and reserved. Last week I called the family to check in and they told me "Oh, she really likes it there now, she wants to stay!" I was so happy to hear that she's settled in nicely. I think once the shock of moving into an Aged Care Home wore off, she was able to realise that a lot of pressure has been taken off her; she doesn't have to worry about meals anymore, or doing the washing or cleaning, she can just relax.'

Ensuring residents feel safe, comfortable and well-cared for is key to assisting with their transition process. 'I enjoy working in Aged Care and building relationships with our residents and their families,' said Michelle, and what more could we ask for from our Transition Nurse? After all, building strong relationships between our residents, their families, and our team members is the best way to make St Patrick's Green feel like home.

If you'd like to learn more about our Aged Care Home in Kogarah, or would like to book a tour for yourself or a loved one, call us today on 02 9097 9175 or email stpatricksgreen@greengate.com.au.

An Insider's Perspective on the Sydney Housing Market



With so much in the news about housing prices in Sydney, and many of our readers left wondering if now is a good time to sell or not, we decided to get to the bottom of our current housing market.

We sat down with Shaun Ramani, a local real estate agent based in Sans Souci, to get an insider's perspective.

What is happening with the current housing market?

It's clear that the Sydney Housing Market is experiencing a sustained correction. In the past few years, sellers have experienced a booming market, where agents were able to sell a property with their eyes closed. However, now we are experiencing a 'level playing field' for both buyers and sellers. The primary reason for this shift in the market place is due to the increased tightening of the bank's lending criteria – this came as a result of the pressure put on banks by the Royal Commission.

Is now a good time to sell?

Yes, don't be scared by the media! Now is a great time because buyers are currently able to lock in low interest rates for the next 5 years. If you are thinking of selling, I would suggest sooner rather than later;

there has been quite a bit of talk about an increase in interest rates within the next 6 months which will decrease a buyer's borrowing capacity.

Now is also a good time to sell for the Australian community. Australian Prudential Regulation Authority (APRA) have tightened lending restrictions on foreign investors, which in turn gives Australian residents a better opportunity to buy property, in particular first home buyers.

Are houses actually selling in our area at the moment?

Houses are definitely still selling for great results. When selling your home, the key ingredients to a successful sale are presenting your home in the best possible manner combined with a high level of marketing to bring more buyers through the door. Some of my recent sales include:

23/10-12 Belgrave Street, Kogarah

2 bed 2 bath 1 car Apartment, sold for \$726,000

5/10-12 Ida Street, Sans Souci

2 bed 1 bath 1 car Villa, sold for \$902,000

2.09/528-538 Rocky Point Road, Sans Souci

2 bed 2 bath 2 car Apartment, sold for \$780,000

If you're thinking of selling your home, make sure you choose a real estate agent who will assist you from start to finish. Shaun will help to organise repairs and stage your home prior to marketing, will ensure you're happy with promotional materials, and will provide you with weekly buyer feedback reports throughout the sales process.

If you're after a smooth and hassle-free sales campaign, with an agent who appreciates the complexities of selling your family home, call Shaun Ramani on 0417 444 919.



Stay tuned for the
**Official Opening of
St Patrick's Green, Kogarah**
coming this Summer!

Apartments For Sale - St Brigid's Green, Maroubra



Spacious 2 Bedroom 2 Bathroom

Flooded with natural light, this spacious, open plan apartment has to be seen to be believed. Featuring two large bedrooms with fantastic built in wardrobes, and a second bathroom for guests, this apartment will give you the freedom to live your retirement years in comfort and style.



Great Views from a Smart 1 Bedroom

This apartment sits on Level 4, and faces South to Port Botany. Compact, yet still containing everything you need to retire comfortably in our fantastic Maroubra location. If you want to stay local, this apartment is a must-see!



Affordable 1 Bedroom Studio

Featuring high-quality finishes and a private balcony, this well-appointed studio apartment contains a large bathroom and walk-in wardrobe. This compact apartment is perfect for someone who is looking for high-quality yet affordable retirement living, in a home that is easy to maintain.

If you would like to arrange a tour of the available apartments at St Brigid's Green in Maroubra, please call Megan Parnaby today on 0458 032 728 to arrange an inspection.

Apartments For Sale - St Patrick's Green, Kogarah



2 Bedroom 2 Bathroom + Study with Stunning Views

You could almost forget you weren't living in a house with how spacious this apartment feels. Packed full of storage and featuring a panoramic view from the Sydney skyline, right over Botany Bay, this apartment feels like home, with added elements of luxury.



North Facing 2 Bedroom 2 Bathroom

With fantastic airflow throughout, this apartment overlooking the Village Green with a sunny Northern aspect makes entertaining a breeze. With room for guests, and a hidden study nook, this apartment is great for those who appreciate open plan living.



Compact 2 Bedroom 1 Bathroom Priced to Sell

This compact apartment is easy to maintain and provides great value for your money. This apartment features a versatile sun room/balcony and a large main bedroom with great built-in wardrobe space. The second bedroom can also be used as a study or a craft room.

We still have a variety of apartments for sale at St Patrick's Green, Kogarah. To arrange a viewing, please call the Sales Team today on 02 9097 9175.



Welcome to our new CEO,
Ralph Warburton

Greengate is delighted to announce the appointment of Ralph Warburton as our new CEO.

With over 12 years' experience supporting the transformation of aged care, Ralph is passionate about improving the quality and supply of care communities for Australian seniors. Ralph is determined to maintain and improve upon Greengate's reputation as both creators and providers of comfortable and supportive seniors communities. Greengate's vision is to expand our service offering and create further new care villages, with both retirement and aged care integrated in the one location, around Australia.

Moving forward, Ralph's focus will be on bettering Greengate's person-centred care and wellness model. Particular attention will be paid to training and supporting our great team of carers so they can go the extra step when caring for our residents in times of need. By empowering our team members to make more of their own decisions about how to best help our residents, they'll be better able to assist our residents in keeping their bodies and minds active and engaged.

SPRING SENIORS EXPO

AT ST PATRICK'S GREEN
RETIREMENT & AGED
CARE COMMUNITY

Saturday 29th September
10am-2pm

Discover a range of lifestyle and care options available to seniors in the St George area. Meet local exhibitors who promote your independence, then join us on the Village Green for a free BBQ and entertainment.

Information sessions will be presented by the Department of Human Services and St George Community Transport, sessions include:

10.30am More than just Transport

11.30am Understanding the Financial Side of Retirement Living

1.00pm Understanding Aged Care Fees and Charges

New Display Apartments Now Open!

While you're here, take a tour of our Retirement Apartments and Aged Care Suites.

RSVP by 27th September.

Parking available on-site.



SHARE
Nurses on Wheels
Hurstville Seniors Computer Club

**EXHIBITORS
INCLUDE**

Advance Diversity Services
St George Community Transport
Department of Human Services
Hearing Australia



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