



Adventist
Retirement Plus

a new beginning



Capricorn

Retirement Community and Residential Aged Care

Welcome to Adventist Retirement Plus – Capricorn

A place where you are at the centre of everything we do and where supporting you to live a purposeful, happy and fulfilled life is our priority.

We want residents to feel connected here, like they truly belong and to know that their friends, family and loved ones are welcome too. That's why this community has been structured to offer residents the security of knowing that as their needs change, a diverse range of care and services are all accessible here in the one place.

We welcome your contribution to our vibrant community and we want you to feel relaxed and at home.



Our Capricorn Retirement Community is located in Yeppoon, Central Queensland - an area known for its picturesque beaches, tropical climate and the beautiful islands of Keppel Bay. Our retirement community is set in a tranquil parklike setting overlooking the bay and close to the local Yeppoon business and shopping precinct.

A place for today, a place for tomorrow – all in the one place

All Adventist Retirement Plus Communities offer co-located retirement homes and aged care facilities and services all in the one place. At Capricorn, a diverse range of services are available including:

+ Independent Living

Homes arrayed in one, two and three bedroom layouts.

+ Supported Living

Provides services and care directly into the home as both Government subsidised Home Care Packages and by private fee-for-service arrangement.

+ Residential Aged Care

Provides personal care, respite care, dementia and memory support care and palliative care.



LEARN MORE. LIVE MORE. LOVE MORE.™

At Adventist Retirement Plus, we believe it's about more than just retirement. It's about living well in every aspect of your life -

- + Engaging in purposeful and meaningful activities.
- + Eating nutritious and healthy food.
- + Keeping physically active and fostering independence.
- + Maintaining a healthy work-life balance.
- + Remaining involved with and contributing to your community.
- + Nurturing your emotional and spiritual well-being.
- + Taking time to connect with others to relax, love, laugh and enjoy life.





Retire from work, not from life!

Remaining independent, keeping active and healthy, staying connected to your community and friends and engaging in purposeful activities are all a part of enjoying your retirement.

Our Capricorn independent living homes are arrayed in one, two and three bedroom layouts and available on a license-to-occupy-basis.

We take care of general home, lawns and garden maintenance and will keep an eye on your place when you are away. Freshly cooked meals are available daily on order from our kitchen.

Residents enjoy getting together at our Croquet Court, Men's Shed, walking tracks and scenic waterholes, barbeque area and our community centre for social occasions. We have a church on site and Spiritual Care services are available to people of all faiths. Our Resident Committee meets monthly and we welcome resident contributions!



Supported Living - when you need a little help

Our **Supported Living Program** enables you to choose what you would like support with at home, how often and when. Accepting help and support means you can remain at home living independently in your own home because the help will come to you!

Home Care Packages and Consumer Directed Care

We are an approved provider of Home Care Packages subsidised by the Australian Government. To be allocated a Home Care Package, you must be assessed as eligible by the Aged Care Assessment Team (ACAT).

All our Home Care services can also be delivered on a private 'fee for service' basis.

For further information:

Contact our **Supported Living Program** on

P (07) 3051 0628

E info.slp@arplus.org.au

www.arplus.org.au/supported-living

Residential Care – compassionate, specialised care in the best of hands

Our Capricorn residence provides compassionate and specialised aged care services for a variety of needs. Our professionally trained and skilled staff and volunteers work in partnership with family and loved ones to ensure that residents continue to receive quality care that best meets their needs.

Our **Personal Care** services provide residents with care and support for meals, laundry, self-care and general daily activities.

Short-term **Respite Care** is provided for special needs, high care and palliative care residents, or for people who need temporary care before returning to their home or community.

Our **Dementia Care** services provide secure, specialised care for residents with dementia and memory support needs and related behavioural difficulties.

Our specialised **Palliative Care** services provide care for residents who have an advanced illness where end-of-life care is needed.

Amenities and services on site include:

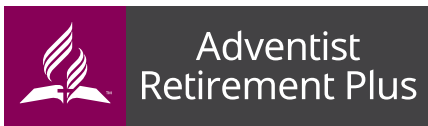
- + A professional hair salon
- + Access to Allied Health Professionals
- + Lifestyle Programs
- + A regular social activities program
- + A Men's Shed
- + Walking tracks
- + Bus Outings
- + A Community Center
- + Outdoor Barbeque area
- + Spiritual Care services for all faiths

For more information contact

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