



*Chantal Cottage*

WAHROONGA

RESPIRE DAY CENTRE





# *Welcome to Chantal Cottage Wahroonga*

Chantal Cottage is a warm and welcoming Respite Day Centre, located in the peaceful suburb of Wahroonga.

Chantal Cottage is one of our thoughtfully designed Respite Care Centres supporting senior Australians and individuals living with dementia. It offers a safe and nurturing environment where clients can feel at ease.

Clients delight in the tranquillity of the cottage, enjoying a range of activities – from music and exercise programs to art, games, and social gatherings like high tea and reminiscing sessions.

Our caring team takes the time to understand your unique needs, creating a personalised care plan focused on enriching your wellbeing. Social outings, including bus trips and leisurely walks, further offer opportunities for companionship and fresh air.





# Lifestyle

## GENUINE CARE AND COMFORT

Chantal Cottage offers a truly unique and enriching experience. Our upgraded spaces and services are tailored to ensure comfort, care, and a sense of belonging.

## FEATURES AND AMENITIES

- Comfortable space
- Freshly prepared meals
- Expert health and medication support
- Dementia-friendly services
- Gentle music, social and exercise programs
- Flexible payment options
- Conveniently co-located with Residential Aged Care
- Option to access Home Care Services

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I never imagined we would find a place like this for mum to visit a few times a week during her memory decline. I want to express my heartfelt gratitude to the entire Chantal Cottage team. As a healthcare professional, I witnessed an extraordinary level of care, compassion, and dedication. The kindness, warmth, and support they provided will stay with me forever.

**Merilyn, Family**

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## EVENTS AND ACTIVITIES

At Chantal Cottage, there is a broad range of events, activities, and interests to enjoy.

These include:

- Arts and crafts
- Exercise classes
- Games and puzzles
- Sensorial activities
- Reminiscing sessions
- High tea
- Social activities, outings, and bus trips



## FOOD PHILOSOPHY

Chantal Cottage serves freshly prepared, balanced meals that celebrates cultural diversity, ensuring both comfort and connection. We offer hot and cold meal options from a regularly refreshed menu, ensuring every dish is as nutritious as it is delicious.

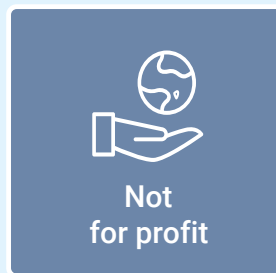




# About Catholic Healthcare

Catholic Healthcare has been providing quality aged care since 1994. We strive to enhance the lives of our clients, guided by our values of Courage, Compassion and Integrity.

As a trusted not-for-profit provider, we offer services to nurture the body, mind and spirit. Our proceeds are reinvested into improving quality and access to care for senior Australians.



## Our approach to care

Our approach to care is focused on enriching the lives of senior Australians, placing you at the centre of everything we do. Our professional and caring team take the time to really get to know you, from the meals you like (and dislike) to your interests and what's important to you. We do our best every day to bring you the comforts of home and the connections of genuine community.

Our approach to care helps to build a warm and welcoming environment where clients feel comfortable to have their say. Your Care Plan is created in partnership with you and guides us in understanding how you would like to live each day to enhance your independence, health, wellbeing and quality of life.



**Contact us**

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