



## Expert short-term relief for families

**Charingfield provides short-term respite care in a comfortable, private, home-style aged care community that's set right in the heart of Sydney's eastern suburbs. We care for guests with low care, high care and memory care needs.**

### **Trusted support when you need it**

We understand that there are certain times when you might need some help looking after your loved one:

- Emergency care following an accident, injury or illness
- Recuperation and recovery following a hospital stay or incident
- If you are planning a holiday away
- If you need a break from your carer role
- As a safer option for a COVID-19 isolation
- As a way for your loved one to experience living at Charingfield before considering a more permanent move

Your loved one is welcome to join us for a few days, a week or longer stays.

### **An experienced on-site care team**

You can enjoy peace of mind knowing your loved one will be expertly looked after and supported 24/7 by our dedicated team of carers and on-site nurses. We focus on helping our guests feel welcome, cared for and comfortable by understanding their specific needs and developing a personalised care and support plan.

### **What's included in respite care?**

- Private studio suite with kitchenette, ensuite and balcony
- Freshly made, dietician-approved meals (including morning and afternoon tea), as well as all-day access to fruit, sandwiches and snacks
- Daily housekeeping, laundry and room service
- Access to our full activity schedule and planned outings
- 24/7 on-site care and support

## A private sanctuary in a friendly, welcoming community

Each respite guest enjoys the privacy of their own generously sized studio suite complete with a kitchenette, ensuite and balcony. There's plenty of room for treasured and familiar belongings, and family and friends are encouraged to visit. Respite guests can also experience everything else Charingfield has to offer, including the many shared spaces where residents can come together to share a meal or a chat, as well as our award-winning gardens, group activities, on-site chapel and hairdressing salon.

## A boutique community modelled on the family home

Charingfield is uniquely divided into five small houses that are designed to create a true sense of home. Each house has its own kitchen with a stocked fridge, and a family sized lounge and dining room. Our flexible approach to home-made meals gives our guests more flexibility and choice, and our beautiful outdoor spaces are just like a backyard, with veggie patches, a lawn and flower beds.

## Respite Fees

The basic daily fee for a respite resident is set by the government at 85% of the single basic age pension. The government updates this fee on 20 March and 20 September each year, in line with increases to the age pension.

Based on current rates, the maximum basic daily fee is \$58.98 per day.

## Here's what others have to say

- "I first came to Charingfield for a respite stay. During this visit I heard the phrase, 'Charingfield is your home', and this has now proven to be so. Here, I find there is always someone to care for my physical, mental and social needs. I am treated as an individual and welcomed as a part of a special community."  
*Margaret, Edmund House resident*
- "The staff at Charingfield are fantastic. Their generosity and willingness to help makes me feel very supported and they give my mother great service, care and attention."  
*Jenny, daughter of a resident*
- "Every older Australian deserves to be cared for as an individual. Our care culture centres on kindness and helping each resident live their best, most joyful life everyday – whatever that looks like to them."  
*Kylie Radburn, Chief Governance Officer, Apollo Care*

## We're here to guide and support you

We know that navigating the aged care system can be a little challenging, especially when needing care in a hurry. That's where our team can help. We can guide you through each step of the respite process, from applying for an aged care assessment through to creating a packing list. You can reach our admissions team directly by calling **(02) 9369 5444** or emailing [info@charingfield.org.au](mailto:info@charingfield.org.au).