

CHURCHES
of CHRIST



Always feel at home.

New friends and quality care await you.

LITTLE 
MOUNTAIN
AGED CARE



Your new home at Little Mountain.

There's nothing quite like the feeling of home. It's where you feel warmth, love, joy and peace. And that's exactly how you'll feel in your new home at Little Mountain.

Here you won't just be moving into a home but a caring community with like-minded residents and supportive staff that will make you feel at home from day one.

When you join us, you'll appreciate:

- Personalised, individual care
- A care team that truly cares
- A community of residents at a similar life stage
- Lovely, safe surroundings
- No hidden costs
- A range of activities to enjoy

Types of care

A range of specialised care options are available.

We provide:

- Residential aged care
- Respite care
- Dementia care
- Palliative care
- Pastoral care

Surrounding your home

Little Mountain Aged Care offers a combination of coastal and country life, it is located on the Sunshine Coast and is a little over an hour's drive from Brisbane and 6 km west of Caloundra's CBD. The campus has a lot to offer, including a cafe, an aquatic centre, a church, and a facility bus for outings. Meals are freshly made by our talented chef, who has also worked at the Ritz Hotel in London.

Some of the features that will make you feel at home include:









- Beautiful courtyard gardens and outdoor sitting areas
- Delicious meals prepared on site
- Comfortable lounge and dining spaces
- Connecting rooms for couples
- Social activities and group outings
- On-site swimming pool, salon and cafe
- Accessible gardening beds
- Bird aviary, resident pets, pet-friendly visiting



Your room inclusions

You'll feel right at home and have plenty of space to personalise your room.

Depending on your needs, rooms include:

-  Private ensuite
-  Reverse cycle air-conditioning and heating
-  Electric bed and bedside table
-  Wardrobe
-  Arm chair
-  Windows offering natural light
-  Telephone point
-  24/7 nurse care



Lifestyle and activities program

With input from our residents, we've created a fun, inspiring program to encourage social connection and an active lifestyle. Together, the residents and staff celebrate birthdays, special occasions, and cultural events.

Some activities include:

- Scenic day trips
- Fitness classes
- Arts and crafts
- Puzzles and quizzes
- Movies
- Cooking groups
- Carpet bowls
- Church services

If there are activities you'd like to try, our staff are always happy to help wherever possible.

Positive wellbeing model of care

You can rest assured the care of every resident at Little Mountain Aged Care is based on a holistic approach to bring hope and dignity to every day.

We base our care on five key principles:

- > **Inclusion**
You'll experience a sense of belonging with us.
- > **Comfort**
You'll feel physically, spiritually and emotionally comfortable.
- > **Purpose**
Your day is busy, filled with a variety of activities.
- > **Connection**
You'll be safe and secure in our community.
- > **Identity**
You're known and valued for your individuality, your preferences and personality.

At Little Mountain Aged Care, you'll find a warm and caring community to welcome you home.



Little Mountain Aged Care

Our homes are where we feel most content and as we get older that shouldn't have to change. When you make the move to care, even if it's just for a short time, we'll do everything we can to make sure you always feel at home. Our supportive caring staff are waiting to welcome you to our warm community.

New friends and quality care await you.

Little Mountain Aged Care
211 Parklands Boulevard, Little Mountain Qld 4551

Let's start the conversation today.

Call **07 5436 4100**
or visit **cofc.com.au**

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