

your family, our family!



Willowbrae | Templestowe
menarocklifeagedcare.com.au



Menarock LIFE Willowbrae located in Templestowe offers 64 rooms with private ensuites and beautiful courtyards, providing residents with comfort, privacy, and serene surroundings.

Our home is located close to Templestowe Reserve and Yarra Valley Parklands offering opportunities for walks, social activities and maintaining a balanced lifestyle.

There are extensive sitting areas within the home and a large separate dining area to enjoy the chef cooked meals straight from the kitchen. Bright open living spaces lead out to a café area where residents and families can enjoy quality time together.

Fresh and nutritious food is cooked on-site daily and provides a great opportunity for socialising in our dedicated private dining space with family and friends..

Wonderful staff and a cosy environment give that 'at home' feeling instantly and we encourage residents to personalise their room to make it their own.

Our comprehensive lifestyle programs ensure that residents are provided with both stimulating and meaningful engagement throughout the day.

Accommodation Options

There are 2 room types at Willowbrae Templestowe offering choice and affordability.

- Single Premium Suite
- Single Standard Suite

Wellness and Lifestyle Programs

We know that continuing to live an active lifestyle is important to our residents. Our wellness programs include identifying the needs of each individual resident. This includes support for nutrition, helping residents to be more mobile, assistance with walking through our gardens and surrounds, and help with joining interactive activities with other residents.

Our wellness and lifestyle activities include:

- **Meaningful Activities:** Engaging and satisfying experiences
- **Mobility and Movement Exercises:** Promoting physical well-being
- **Sensory Programs:** Stimulating the senses for holistic wellness

- **Art and Craft Activities:** Creative expression opportunities
- **Word Games:** Cognitive stimulation and social interaction
- **Gardening:** Connecting with nature
- **Outdoor Activities:** Nature walks, picnics and park visits
- **Bus Trips and Excursions:** Exploring Melbourne and its surroundings

We are proud at Willowbrae on how our programs not only support and improve the quality of life for our residents, but on how our programs support resident families.

Resident families can be assured that our residents can live in a safe and supportive environment and our staff work daily to keep our residents active and healthy.

Your family is our family, and our team is here to welcome you. Our staff have many years of clinical care expertise with some having been at our homes with us for more than 20 years.

OUR CLINICAL GOVERNANCE

Our clinical team supports residents and their families by offering a comprehensive clinical governance model and this reflects a commitment to ensuring the highest standard of care for residents.

Individual Assessments: Tailored support for each resident

Supportive Environment: Promoting well-being and reducing reliance on medications

Comprehensive Clinical Governance: Ensuring the highest standard of care

Each resident receives an individual assessment and support and our aim is to offer a supportive environment with individualised wellness and lifestyle programs that can reduce the reliance on certain medications and need for polypharmacy.

Services and Features

- Spacious Rooms: All rooms have private ensuites
- 24-hour Care: Registered nursing staff available round the clock
- On-site Kitchen: Qualified chef preparing fresh, delicious meals daily
- Lifestyle Programs: Engaging activities tailored to individual needs
- Allied Health Services: Comprehensive health support
- Private Dining Room: Dedicated space for intimate dining
- Extensive Outdoor Gardens: Manicured courtyards for relaxation
- Dementia Support Programs: Care programs for residents with mild onset of dementia
- Light-filled Living and Dining Areas: Bright and welcoming communal spaces
- Library: Quiet retreat for reading and relaxation
- Residence Bus: Organised outings for residents
- Palliative Care: End of life care and support
- Respite Care: Short term care with personalised support
- Café: Separate Café area for residents and visitors
- Hairdressing Salon: On-site salon offering various styling services

Willowbrae Templestowe is committed to providing a safe, supportive, and engaging environment where residents and their families feel at home.

64 rooms with ensuites



For enquiries regarding tours, room prices and financial information, please contact our friendly Client Services Team on **1300 096 971** or email enquiries@menarock.com.au

About Menarock LIFE Aged Care

Operating since 2006, Menarock LIFE now has over 700 residents and 1,100 team members making us a prominent and trusted provider of residential aged care in Australia.

We are specialists in aged care and strive to be a provider of choice by assisting our elderly to live vibrant lives by providing quality care with qualified staff in social and homely environments.

OUR MISSION

To provide exceptional care and a quality lifestyle for all residents

OUR VISION

Respecting all residents and staff within our homes

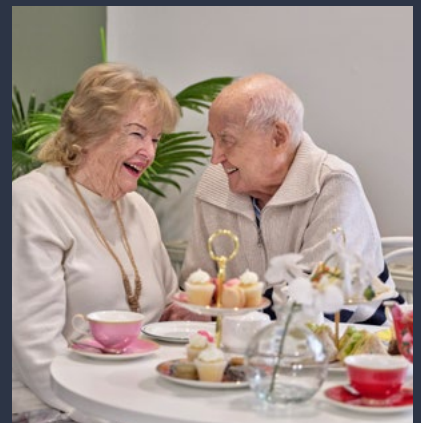
OUR PHILOSOPHY

Support and Encouragement - We partner with residents in care delivery to enhance individual health and wellbeing

Accountability - Accountable leadership delivering on our obligations through a culture of integrity, honesty and trust. We show transparency in our dealings with people whilst taking responsibility

Excellent Care Delivery - We strive for best practice and achievement of the highest standards of service delivery to our residents

Continuous Improvement - We work reflectively and progressively to provide opportunities for ongoing development, innovation and enhanced service delivery



Our Aged Care Homes

VICTORIA

Beaconsfield Upper | Salisbury House
(03) 5944 3443

Camberwell | Camberwell Gardens
(03) 9836 9507

Glen Waverley | Glen Waverley Aged Care
(03) 9887 9896

Heathmont | Greenway Gardens
(03) 9738 0500

Highbury | Rosehill
(03) 9532 0833

Lower Templestowe | Emmavale Gardens
(03) 9134 7390

Pakenham | McGregor Gardens
(03) 5941 9633

Upper Ferntree Gully | Sherbrooke
(03) 9758 9911

Shepparton | Shepparton Aged Care
(03) 5821 0255

Templestowe | Willowbrae
(03) 9846 7488

NEW SOUTH WALES

Moama | Murrayvale
(03) 5482 1311

TASMANIA

Claremont | The Gardens
(03) 6249 7090

Tours and New Admissions: **1300 096 971**

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