

# Sinclair Cottage

## Overnight Respite Care

The much-needed  
break you and your  
loved one deserves



As an independent Christian charity, HammondCare champions life.



# Care tailored to your individual needs

Set in beautiful gardens, Sinclair Cottage is part of HammondCare Miranda. It provides unparalleled regular care for older people, the frail aged and those living with dementia.

Sinclair Cottage offers a welcoming home away from home for your loved one, in the form of Overnight Respite Cottage, providing the opportunity to take a little time out for yourself.

These services can be accessed through the Commonwealth Home Support Programme (CHSP) Funding.



## Features of Sinclair Cottage

Sinclair Cottage, with its neutral colour palette and contemporary décor, offers a warm and inviting ambience for guests, along with friendly amenities and high quality, compassionate care.

The single-level residence has been specially designed to make life more comfortable for older people, the frail aged and those living with dementia, and features a range of relaxed spaces for everyone to enjoy.

- The open plan living area with warm furnishings and a television provides a welcoming space for a range of daily lifestyle activities and entertainment.
- The spacious dining room and central kitchen is a great place for everyone to gather together to eat or catch up over a cup of tea.
- The beautifully landscaped courtyards outside are an ideal place for all to exercise their green thumb and take in some fresh air.

With wide doorways and supportive equipment on hand, Sinclair Cottage has been thoughtfully designed to help people move around the cottage with ease.



## Overnight Respite Care

When you are a carer, it's important to take some time out to rest, recharge or take a holiday. Sinclair Cottage offers temporary Overnight Respite care provided by a team of specialist trained carers.

Respite guests enjoy all the benefits of residential care including specialised clinical care, support with daily tasks, a wide range of social activities, plus delicious meals prepared fresh daily.

Respite guests can also enjoy single rooms that are spacious, well-maintained and come complete with individual adjustable electric beds, built-in wardrobes, bedside tables and reading chairs.

Guests can also enjoy views over beautifully landscaped gardens, as well as abundant natural light through large framed windows.

The generously appointed ensuite in each room features an easy-access toilet, basin and mirror, a vanity unit with a cupboard and a walk-in shower. There is ample room for supportive equipment, helpful fixtures, and handrails near the shower and toilet.

**“ I love Sinclair Cottage! Everyone is really supportive and great fun. There's always plenty of action going on and it is lovely knowing you'll always spend time with really nice people. ”**

Maisie, HCAH client



## Specialised and compassionate care

All staff at Sinclair Cottage are trained in providing specialised and compassionate care, with expertise in dementia care. Their main focus is to provide a safe, happy and supportive environment that promotes independence and wellbeing.

We recognise that no two people are the same, which is why HammondCare takes a personalised approach in all aspects of our care. Staff take the time to get to know each person to fully understand their individual needs.

At Sinclair Cottage, overnight respite guests are offered plenty of opportunities to take part in a range of indoor and outdoor activities that are tailored to individual preferences.

Various trips and outings are arranged at Sinclair Cottage. Guests have the option to choose to stay at the cottage or go on an outing, it's entirely up to them.

## Meals and dining experiences

At HammondCare, we believe that good food, good company and a welcoming atmosphere are what makes a house a home. Our nutritious fresh, home-style meals served in the Sinclair Cottage relaxed social dining area brings pleasure to all each day.

All meals are freshly cooked at Sinclair Cottage and tailored to each person's individual needs, including religious and cultural preferences. We recognise the importance of food quality and nutrition, but also delicious appetite appeal.

The kitchen is the hub of the cottage, where everyone has the opportunity socialise and participate in meal preparation.



“ Mum is naturally a very social person, but since her dementia diagnosis, she has been more hesitant to be social. The Social Club brings her out of her shell, which is really warming for us to watch.

The staff at Sinclair Cottage really do go above and beyond for mum. It was her birthday recently, and to celebrate, they organised a cake for her. Mum looked so bright and cheerful on her special day. She was even wearing a tiara! ”

Pat, Maisie's daughter



## Like to know more?

If you would like to learn more about Overnight Respite at Sinclair Cottage, please feel free to contact Sinclair Cottage on



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