



United Protestant Association of NSW Ltd

Central West Region

UPA Central West - Information Booklet

UPA is an industry leader providing quality Community Aged Care Services, Retirement Villages & Residential Aged Care Facilities throughout NSW.

THE MISSION OF UPA:

Our mission is to offer care of the highest possible standard consistent with UPA's Christian commitment and the expectations of society

OUR VALUES:

Compassion
Respect
Integrity
Kindness
Inclusiveness

We look forward to assisting you with your aged care needs.

To make an appointment or for more information:

Community Aged Care Services

Hayley Jenkins

Community Care Manager

Phone: (02) 6361 3322

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Retirement Village and Residential Aged Care Facilities

Amanda Berrington

Retirement Village and Admissions

Coordinator

Phone: (02) 6362 7820



UPA Central West
68 Nile Street (PO Box 8090)
ORANGE NSW 2800
www.upa.org.au



CENTRAL WEST COMMUNITY AGED CARE SERVICES (CACS)

Home Care Packages

These services are funded by the Australian Government to assist older people to remain living independently in their homes. The services are individually tailored consumer directed services that best meet individual goals

Veteran Affairs - Home Care Services

UPA is a provider of Veteran Home Care Services across the Central West

Private / Brokerage Services

UPA is able to assist with a variety of in-home care services as designed by clients and other agencies. These services may include, nursing services, domestic assistance, personal care, shopping, gardening, maintenance, socialisation etc. Fees apply to these services.

Short Term Restorative Care

STRC Program aims to reverse and/or slow 'functional decline' in older people and improve their wellbeing.

- Individually tailored and goal orientated
- Comprehensive 56 day program
- Multi-disciplinary team approach

Delivered in home (or with the option of short term stay in a residential facility or combination of both)

SYNERGY Active Aging Lifestyle Centre

Our Active Ageing Lifestyle Centre focuses on the restorative aspect of wellbeing. There are a number of programs available including Art Therapy, Tai Chi, Music Therapy, Mindfulness, Yoga, Bowen Therapy, Massage, physiotherapist run exercise classes, woodworking groups and much more. Lime, serves coffee and cake and a number of areas area available for hire with a variety of catering options. The center is open to all UPA residents and clients however bookings are essential.



CENTRAL WEST RETIREMENT VILLAGES



Astill Court is a secure gated village made up of 34 architecturally designed 2 bed and 2 bath units with all the modern conveniences. The Village includes a community centre, Medi-Alert emergency help buttons, 24 hour maintenance service, hair salon, library and chapel. Astill Court adjoins the established Newman Park, with public transport to the door, a supermarket and Post Office within a few blocks and an award winning restaurant just a short stroll away.

Sunset Vista is perfectly located on Nile Street in Orange with the beautiful Newman Park across the road. Consisting of thirteen one bedroom units all equipped with reverse cycle AC, Sunset Vista is located close to Astill Court and has access to all the same wonderful amenities.



Kooronga Lodge is located in the established, leafy suburb of Bel-Air in Orange. The Village consists of nine two bed units and one single bedroom unit. All units are bright and airy, and equipped with reverse cycle AC and Medi-Alert emergency help buttons for comfort and peace of mind. The village is surrounded by well-maintained parklike gardens which attract a daily visit from the local birdlife including lorikeets, parrots and even the family of ducks from the neighbouring wetlands.



Molong Lodge is a Retirement Village complex located at Bells Lane and Hill Street Molong, offering twenty-two comfortable two-bedroom units surrounded by manicured gardens. The retirement village complex features a community centre, 24 Hour security, Medi-Alert emergency help buttons and 24-hour maintenance service. Being located close to Prunus Lodge, Molong Lodge offers access to bus trips, hair salon and other extras.



BUENA VISTA OPPORTUNITY SHOP

197 - 199 Peisley Street, Orange 2800

Proceeds provide support to Orange Family Support Services to assist disadvantaged families and children in the Orange region.

CENTRAL WEST RESIDENTIAL AGED CARE FACILITIES

Our Residential facilities are architecturally designed to be a comfortable and modern home away from home. With quality inclusions, king single size beds and designer linen each resident is provided with their own private room and ensuite. Our facilities provide a caring and warm environment with support by our trained and dedicated care staff and Registered Nurses.

Ascott Gardens Residential Aged Care - Orange

Ascott Gardens is a 78 bed Residential Facility located in Orange that provides 24 hour 7 day a week care to 78 residents. The building is made up of six separate wings linked together by a central living area which features a library, chapel, hair salon and therapy clinic – all accessed on



one level with spacious corridors.

Cedar and Poppy Cottages are our dementia specific units in Ascott Gardens. These cottages offer a beautiful outdoor area and engaging activities whilst still supplying highly specialised care in a safe and familiar haven.

Prunus Lodge Residential Aged Care Home - Molong

Prunus Lodge is a 28-bed Residential Facility located in Molong, a short drive from Orange CBD. With newly refurbished rooms and modern amenities, Prunus Lodge provides all the comforts of home. Rose Cottage is our dementia specific unit of Prunus Lodge consisting of 12 beds offering highly specialised care in a safe and homely environment.

The residents of both Ascott Gardens and Prunus Lodge also enjoy a wide variety of social activities which are designed and implemented by our on-site Recreational Officers. There are bus trips around the district with our dedicated volunteers, as well as visiting choirs who provide wonderful afternoons of entertainment.



UPA Central West Regional Office
68 Nile Street, Orange NSW 2800
02 6362 7820