Whiddon

Temora
Residential Care

Award-winning care that connects, inspires and enriches lives every day.

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Whiddon is passionate about enriching lives and keeping older people connected to what matters to them in life. We aim to really understand each person through building deep relationships with them, their family and their community.

This partnership enables us to care for all their needs – social, emotional and physical – so that they can continue to learn, live, love and enjoy every day.

Committed to building relationships with the people we care for

Living well at Whiddon Temora

At Whiddon Temora, our goal is to support wellbeing through our holistic approach to care. We offer a range of services to help you feel safe, comfortable and connected, and most importantly, home.

Whiddon Temora offers exceptional care, award-winning wellbeing programs, a range of accommodation options, dedicated carers and relationship based care. We really get to know and understand you, and our team go above and beyond to find ways to keep you connected and participating in the things that matter most.

Temora is a rural town in southern NSW with a strong agricultural history. Offering panoramic views of the Narraburra Hills and Gloucester Park, Whiddon Temora offers 76 private rooms and a range of relaxing outdoor spaces. At the heart of our local community, Whiddon Temora are renowned for our annual Fisherama event.

Your wellbeing is the most important thing to us, and is why we're here. Our care approach prioritises relationship building and partnerships with residents and families, engaging you and your family to be true partners in your care journey. Every resident has a dedicated Buddy, whose job it is to get to know you really well and to personalise your care based on your wishes and choices.

With award-winning food and wellbeing programs and 24 hour care from our qualified and caring team, you'll feel safe, secure and part of a warm and caring family.

> Relationship based care focuses on partnership with residents and their families, enabling us to truly understand what matters most to you

Enriching Lives

By keeping people connected to the things that matter to them.

The sense of family and community that you'll experience at Whiddon Temora comes from the strong relationships our carers build with our residents.

We're all about having fun

We believe in positive ageing and creative expression. Our approach uses humour, song, dance, storytelling, arts and crafts to build confidence and capability and provide opportunities for social connection and to pursue passions and interests.

Supporting your health and wellbeing

Whiddon Temora offers you around-the-clock nursing care as needed, plus access to a wide range of health services including GP visits, physiotherapy, occupational therapy and speech therapy.

We also offer you nutrition and exercise programs to maintain your sense of wellbeing.

Meeting new friends

Volunteer groups and local school children love visiting us to sing or play music for you, or to spend time getting to know you. We also have a pet therapy program, offering you all the joy of a furry friend, without the worry of care.

Helping you stay in touch

Whiddon Temora supports you to stay connected with family and friends, and we welcome them at any time. We enjoy helping you celebrate birthdays and family events with afternoon teas, barbecues or special dinners.

Personal and home comforts

We support you with a complete cleaning and laundry service and have a visiting hairdresser for a regular trim and extra pampering.

Enjoying great food

Enjoy award-winning food with a focus on fresh, seasonal produce. We offer flexible menus that change regularly and cater to your individual dietary requirements.

*** Sample menu ***

Our menus are created together with residents through our Foodies Groups, celebrating favourite recipes and traditions. Every meal is prepared onsite with love and care.

Breakfast

Breakfast includes a full continental selection of cereals, porridge, fruits, breads and toast with spreads, along with an egg selection and a choice of juices, coffee, or tea.

Morning and afternoon tea

Morning and afternoon teas feature homemade biscuits, slices, cakes, fruit, and refreshing drinks.

Lunch

At lunch, enjoy a variety of resident favourites, from curried prawns and braised chops to succulent roasts, sizzling BBQs, and comforting winter casseroles, served with tasty desserts.

Dinner

Dinner is topped off with homemade soups, hearty hot meals such as sweet and sour pork with vegetable fried rice, a selection of lighter options, and delicious sweet treats.

Offerings may form part of the Whiddon Plus Additional Services Package or Higher Everyday Living packages. Speak to our team to find out more.

MyLife & Relationship Based Care

Our care philosophy has always been based on a belief that personal growth and meaningful activity is possible for everyone.

Research and experience tells us that meaningful day-to-day relationships between our team members and residents are at the heart of great care.

MyLife, our award-winning relationship based model of care, integrates care for social, emotional and physical needs, and sees staff truly getting to know residents by finding out what matters most to them, so they can build strong and deep personal relationships.

Relationship based care focuses on partnership with residents, clients and their families, to achieve a highly personalised level of care built on relationships and supporting people to continue doing what matters to them, regardless of frailty or ill health.

When our staff learn more about our residents' unique life experiences, they are able to go above and beyond to find ways to keep our residents connected and participating in the things that matter most to them, like achieving personal goals, reliving old hobbies or trying something new.

Meaningful Moments

Part of building meaningful relationships with our residents is not just getting to know them, but also finding ways to bring joy and laughter into their lives. Our teams look for opportunities to bring meaning into the moments that they share together.

Meaningful moments can come in lots of ways. A shared laugh or joke, a chat over a cuppa, an event or outing that brings back a great memory. Our teams look for creative ways to bring regular meaningful moments into our residents' lives.

Whiddon

Living well at Whiddon Temora

Our residential care home offers you:

Health and wellbeing support

Creative Ageing programs

Personal care

Social events and outings

Care and Services

- 24 hour care and support
- Caring, qualified and experienced staff
- Allied health services such as physiotherapy, occupational therapy, Speech Therapy
- Personalised nutrition and exercise program
- Creative and healthy ageing programs and therapies
- Music and art therapy
- Memory Support Home
- Animal therapy
- Visiting services - such as Podiatrist, Speech Pathologist, Dietician

Features and Facilities

- Daily made meals with fresh local produce
- 12 channels of premium Foxtel
- Hotel services, including cleaning and laundry
- Visiting hairdresser
- A vibrant volunteer program with regular visits from volunteers and school groups
- Social outings and trips on our private bus
- High quality food and dining programs
- Library
- Cooking and craft groups
- Men's Shed

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Delivering award-winning care services to generations of older Australians across NSW and QLD for over 75 years.

Whiddon is an award-winning care provider with a proud history of more than 75 years of supporting older people across New South Wales and Queensland. From our philanthropic beginnings, we have grown into a not-for-profit provider caring for over 2300 people.

We offer the highest quality of care that is tailored to the individual. We partner with our clients, families and communities to care for all their needs – physical, health, social and emotional.

The quality of our people and the relationships and trust that they build with our clients and their families is key to this approach.

Our strong presence in regional, rural and remote New South Wales and Queensland sets us at the heart of our local communities, both as an employer and aged care provider. We actively promote and maintain a proud sense of community – wherever we are, everyone matters.

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Whiddon

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