




# Whiddon



**Temora**  
Residential Care

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







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

---

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 \*\*\*

### Breakfast

Selection of cereals or porridge and fruits  
Scrambled eggs served with crispy bacon  
Variety of toasted breads  
Freshly plunged coffee or tea selection

### Morning and afternoon tea

Hot date scones with butter  
Cheese, crackers and fruit  
Selection of tea and coffee

### Lunch

Chicken and vegetable pie or glazed meatloaf  
with plum sauce  
Potato mash and fresh vegetables  
Hot apple crumble and ice cream

### Dinner

Creamy parsnip and broccoli soup  
Tuna and onion quiche served with tossed salad  
Salad or sandwich selection  
Home made cheesecake with strawberry drizzle



## 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.

### Best Week makes dreams come true

Each resident experiences a Best Week at least twice a year. The Best Week team work together, partnering with families, to create a week of tailored activities for each resident.

Best Weeks can be big or small treats and events, some of which become part of residents' daily care. Often the Best Week team get creative and team up with local interest groups such as fishing groups, businesses and volunteers to make Best Week wishes come true.



---

“

We're big believers in the power of creative expression on health and wellbeing

Ask us about our wellbeing and creative ageing programs

”

---







# Living well at Whiddon Temora

**Our residential care home offers you:**



Health and  
wellbeing support



Creative Ageing  
programs



Personal care



Social events  
and outings

## Specialist Services

- 24 hour care and support
- Caring, qualified and experienced staff
- Physiotherapy, occupational therapy and speech therapy
- Personalised nutrition and exercise program
- Creative ageing programs and therapies
- Music and art therapy
- Animal therapy
- Secure dementia care

## Features and Facilities

- Award-winning food and dining programs
- Private rooms with ensuite bathrooms (some rooms have shared ensuite bathrooms)
- 12 channels of premium Foxtel
- Hotel services, including cleaning and laundry
- A vibrant volunteer program with regular visits from volunteers and school groups
- Regular social outings and trips on our private bus
- Community activities

# Delivering award-winning care services to generations of older Australians across NSW and QLD for 70 years.

---

Whiddon is an award-winning care provider with a proud history of more than 70 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.









## Contact us

📞 1300 738 388

✉️ [hello@whiddon.com.au](mailto:hello@whiddon.com.au)  
[whiddon.com.au](http://whiddon.com.au)

 Connect with us on Facebook

 Find helpful resources [whiddon.com.au/yourlife](http://whiddon.com.au/yourlife)

# Whiddon