



## Residential aged care

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# Residential aged care services across Otago

There are nine Enliven communities in Otago delivering rest home, dementia and hospital level care services for older people. Enliven residential services are provided by Presbyterian Support Otago, a registered charity, first established in 1906.

## Aspiring Enliven Care Centre, Wanaka

- Hospital level care, accommodation for 32 residents
- Rest home level dementia care (secure environment), accommodation for 20 residents
- Respite and palliative care

Cardrona Valley Road, Wanaka  
03 477 7115 | [enliven@psotago.org.nz](mailto:enliven@psotago.org.nz)

## Castlewood, Alexandra

- Rest home level care, accommodation for 20 residents

101 Tarbert Street, Alexandra  
03 448 6606 | [castlewood.admin@psotago.org.nz](mailto:castlewood.admin@psotago.org.nz)

## Elmslie House, Wanaka

- Rest home level care, accommodation for 31 residents
- Respite and palliative care

81 Stone Street Wanaka  
03 443 7899 | [elmslie@psotago.org.nz](mailto:elmslie@psotago.org.nz)

## Holmdene, Balclutha

- Rest home or hospital level care, accommodation for 35 residents
- Respite and palliative care

Elizabeth Street, Balclutha  
03 418 1468 | [holmdene@psotago.org.nz](mailto:holmdene@psotago.org.nz)

## Iona, Oamaru

- Hospital level care, accommodation for 37 residents
- Rest home level care, accommodation for 28 residents
- Rest home level dementia care (secure environment), accommodation for 14 residents
- Respite and palliative care

549 Thames Road Oamaru  
03 473 1870 | [iona@psotago.org.nz](mailto:iona@psotago.org.nz)

## Ranui, Alexandra

- Rest home or hospital level care, accommodation for 38 residents
- Rest home level dementia care (secure environment), accommodation for 10 residents
- Respite and palliative care

4 Chapple Street Alexandra  
03 448 8280 | [ranui@psotago.org.nz](mailto:ranui@psotago.org.nz)

## Ross Home, North Dunedin

- Hospital level care, accommodation for 60 residents
- Rest home level care, accommodation for 40 residents
- Respite and palliative care

360 North Road, North East Valley, Dunedin  
03 473 0029 | [ross@psotago.org.nz](mailto:ross@psotago.org.nz)



Your space

## St Andrews, South Dunedin

- Hospital level care, accommodation for 52 residents
- Rest home level dementia care (secure environment), accommodation for 26 residents
- Respite and palliative care

8 Easter Crescent, Kew, Dunedin

03 455 4396 | [standrews@psotago.org.nz](mailto:standrews@psotago.org.nz)

## Taieri Court, Mosgiel

- Rest home level care, accommodation for 33 residents
- Respite and palliative care

Hartstonge Avenue, Mosgiel

03 489 6044 | [taiericourt@psotago.org.nz](mailto:taiericourt@psotago.org.nz)



Otago locations, nine care homes

# Enliven philosophy and guiding principles

Presbyterian Support Otago's Enliven philosophy is holistic in its approach and focuses on supporting older people to live valued and meaningful lives.

We have six principles guiding our care philosophy: Respect, Relationships, Security, Choice, Contribution and Activity.

## The Enliven principles:





Making  
Enliven  
your  
home

## Some things make for happier, healthier living, no matter what your age.

A sense of community; friends, family, whānau; giving and receiving; making decisions for yourself; and most of all, practical support when you need it.

At Enliven we work alongside you and your family to achieve these things.

# Living in an Enliven community

Respect is a key service value at Enliven. Staff and volunteers are trained to support and work with individual residents to ensure their personal preferences, knowledge and experience are respected. Enliven residents have diverse, rich and often colourful backgrounds. Each resident brings a great depth of skill, talent and personality to their care home community and is encouraged to share their expertise and interests with others.

Your  
respect



**I am often humbled by the life stories some of our residents share with me. Amazing careers, great tales of travel and adventure, and sometimes heartbreaking stories of loss. Everyone has a story and older people have some of the best! I meet some amazing people in my job.**

Care worker, Taieri Court, Mosgiel

One of life's greatest joys is the relationships people have with their friends, family and wider whānau. Enliven services encourage the retention of personal relationships and are structured to assist families and friends feel comfortable in visiting loved ones. Children's play areas, lounge rooms, gardens and other gathering spaces feature in all our care homes. Family excursions, trips away and outings by residents are also encouraged.

Your  
relationships

**I was expecting "visiting hours", but there's no such thing at Ross Home (Dunedin). It's wonderful to be able to visit dad early on Saturday mornings, before I take the boys to sport. It would be so much harder to see him if I had to fit in around fixed hours.**

Son of resident, Ross Home



Security is a high priority for older people and their families when considering moving to an Enliven care home. When independent living is no longer a safe option, moving to a supported environment is a sensible choice. Presbyterian Support Otago's Enliven care homes are amongst the highest rated aged care facilities in New Zealand. All hold Ministry of Health Certification and consistently achieve high levels of resident satisfaction in key areas of service including the caring nature of our staff and the quality of care provided.

Your  
security



**I wish I had moved sooner. I am really enjoying living at Ranui (Alexandra). And my family don't have to worry anymore, which makes me happy.**

Resident, Ranui, Alexandra

Enliven offers choice in the things that matter to you. When and what you eat, the interaction you have with other residents, how your room is furnished, the number of activities you engage in, when friends and family visit and the hours you keep.

Your  
choice



**Mum loves the buffet breakfast at Iona (Oamaru). For her, the simple action of choosing fresh fruit and yoghurt over the other breakfast options, helps her feel more in control of her life.**

On entering an Enliven care home, residents and their families are often surprised by the flexibility and freedom available. We aspire to a "home-like" experience for residents, and this includes a great deal of choice over daily routines and activities.

Often, giving brings as much satisfaction as receiving. Enliven residents continue to contribute to their communities and families in many ways. Retaining long held community positions, taking on roles and responsibilities within their Enliven community, or participating in new activities are all possible for Enliven care home residents.

Your  
contribution



**We do volunteer work for Presbyterian Support Otago's op shops. We remove and recycle the pretty buttons from donated, damaged shirts. The buttons are very popular with op shoppers!**

Resident, St Andrews

An Enliven community is an active one. Enliven care homes are abuzz with activity throughout the day and into the evening. Communal and recreational spaces ensure that residents can get together with each other, family and friends. Residents often go out for lunch, dates, movies, appointments, club meetings, day trips, shopping and family holidays.

**Access to wi-fi at Elmslie House (Wanaka) makes it possible for mum to chat with her eldest grandson in Australia. I bring my tablet and we Skype him. It's fantastic!**

Daughter of resident, Elmslie House



Your  
activity

Residents are encouraged to be active participants and contributors to community life. Enliven residents take on roles and responsibilities such as organising events, participating in staff and volunteer recruitment, coordinating activities and helping with grounds maintenance. These roles are all self-directed, undertaken by choice, and support a strong sense of well-being. Residents find they are respected for the contributions they make and their roles in their Enliven community.

Clubs and community groups are welcome and frequent visitors to Enliven care homes. A resident need not abandon a lifelong hobby or passion simply because he or she has changed address.





Your place

# Moving to an Enliven care home

There are four steps toward your move to an Enliven community.

- 1. Assessment** by Te Whatu Ora Health New Zealand - Southern's Aged Care Needs Assessment and Service Coordination (NASC) is a requirement of entry. The NASC assessment identifies your level of need for ongoing health care and support. Depending on the outcome of the assessment, the assessor may authorise entry into residential aged care. Visit [www.health.govt.nz](http://www.health.govt.nz) for more information on the NASC service or talk to your GP.
- 2. Contact your preferred Enliven care home** or homes, to check availability and arrange a personal meeting with the care home manager. At this meeting the manager will talk with you about your preferences, provide an admission pack and answer any questions you may have. The meeting may also be followed by a tour of the property.
- 3. Return your completed admission pack** to the Enliven care home manager. There are number of forms for completion in the admission pack and it may be helpful to have a family member or friend assist you. Should you have any questions regarding the contents of the admission pack, please contact your preferred Enliven care home for assistance.
- 4. Move in.** Moving from your current home will require some planning and preparation. Allow yourself time for this transition. Your Enliven care home and its residents will have a lot of information and advice to share about local services that can assist you with the practicalities of moving. Please ask us.



# Frequently Asked Questions

Many people have questions so please just ask, the Enliven team are happy to assist.

## Can I bring my own things?

Yes. Your room is fully furnished. However, you can add to, or replace existing furniture with your own pieces. This is your space; style it to suit you.

## Are pets allowed?

Residents are permitted to bring their small pet if they are able to care adequately for the animal. There are pets (cats, birds, small dogs) living at some Enliven care homes. Please discuss your pet and those already living at the care home prior to completing your admission pack. We encourage family visits with pets.

## When can I see visitors?

Visitors are welcome at any time.

## Do I have access to a telephone and wi-fi?

Telephones are available for all residents' use. If you use the telephone regularly, you may like to have one installed in your room. Installation and monthly rental is at your cost. Enliven care homes have wireless internet available for residents and their guests. Please check usage arrangements with the care home manager.

## How much do I have to pay?

The fees you pay will depend on your eligibility for a government funded Residential Care Subsidy and the services you receive. The Enliven care home manager will provide a full breakdown of fees prior to your move.

## What is there to do in an Enliven community?

Daily and weekly activities are available to all residents. Exercise programmes, outings, gardening, cooking, movies, special interest groups, choirs and music groups are just some of the activities residents may choose to participate in. Residents are also encouraged to continue participating in activities with their family and friends outside the care home.

## What sort of medical care and support is available?

Medical services are provided by a house doctor or community GP who visits regularly and as required. All emergency/after hours costs will be fully covered. The nursing and care service is delivered by a competent and trained team, committed to meeting your individual needs.

## What's the food like?

Meals are prepared fresh each day by kitchen staff at Enliven homes which are accredited to the highest food preparation standards (HACCP). Residents are offered choice in when, where and what they eat. A dietician oversees the menu and food selection of all Enliven care homes. The dietician can also meet with you to make sure that your nutritional needs and individual food preferences are met.

## Can I smoke?

All Enliven care homes are smoke free. However, provision is made for residents who wish to smoke.



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