



Welcome to  
**Brightwater**  
**The Cove**



# Your **home**

**Nestled near Mandurah, Brightwater The Cove is a warm and welcoming home for a diverse group of residents, including those living with dementia.**

Brightwater The Cove is backed by 120 years of experience in residential aged care and built on the concept of a social model of care. With 131 private rooms in total, each house is joined by open-plan social spaces. You'll be surrounded by beautiful outdoor areas providing plenty of fresh air, sunlight and solitude.

With Brightwater, care is never hard to come by. Our multi-skilled team includes nurses and therapists, all ready to accommodate complex needs like immobility, cognitive impairment and continence. And with behind-the-scenes support from the Brightwater Research Centre, wellbeing is always our top priority.

# Life at **The Cove**

## A day at The Cove

A morning at The Cove begins slowly, as residents awake comfortably in their rooms. After getting dressed and ready for breakfast, many take a stroll to the Clubhouse, lovingly nicknamed The Nest, to see the activities planned for the day and welcome the morning and office staff arriving.

The staff love to hear how their night has been, and excited to discuss what to expect for the day.

After breakfast, the first of many activities begin for those wanting to participate. Whether it be the gardening club, our Cove Choir, walking groups, quizzes, or the home favourite, bingo. There is something happening every day. Residents can also register their interest in one of the regular outings planned on the calendar.

Lunch is a social affair in the house dining rooms with a regularly changing menu of nutritional and tasty favourites. The afternoon brings more activities including intergenerational visits, Happy Hour, and Friday Take-Aways. Its often in the afternoon you can find The Nest, or the house lounge rooms full of families and residents having a coffee together - knitting clicking away - with music playing in the background.

Dinner brings The Cove family together to end the day. As our staff say, 'they are all there every day, for the good days, and for the not-so-good days.' This is The Cove community in a nutshell, there for one another.



## About The Cove

Based on the concept of a social model of care, Brightwater The Cove has been designed with individual households. Each home to a small community with shared spaces where you, your family and friends can come together and connect.

Whether you want to get involved in our range of social activities or bask in the sunlight of our beautiful gardens, our team will always accommodate your preferences.

Be a part of it all in our shared living areas or find a quiet corner whenever you like. Our rooms have familiar furnishings and décor to keep you cosy, with abundant lighting and views to keep you connected with nature.

We're proud to be part of an inclusive organisation. Brightwater The Cove welcomes people of all backgrounds, with extra features including a multi-denominational space for celebration or commemoration.

**And of course, ample parking means family and friends are always invited.**

	Monday	Tuesday	Wednesday	Thursday	Friday
am	 Music therapy	 Bowls	 Floor games	 Boxing	 Silent disco
pm	 Chair yoga	 Arts and crafts	 Quiz and Trivia	 Bingo	 Happy hour

# Meals



Brightwater The Cove offers a regularly changing menu with a variety of tasty and nutritional meals, including some recognisable old favourites.

Every meal on the menu has been tested and approved by our dietitian and speech pathologists together with residents, to make sure that we provide tasty meals for all diet textures and offer meals that meet the nutritional requirements for all of our residents, including those with dysphagia and chronic disease.

From apricot chicken to bangers and mash, to texture modified food that is full of flavour, there's something for everyone to enjoy.



## Sample menu

main course

lunch



Braised Pork Steak in Honey and Orange Sauce, Potato Bake



Fish, Chips, Seasonal Salad, Tartare Sauce

main course

tea



Mushroom and Cheese Tart, Potato Bake



Crumbed Chicken, Jacket Potato, Seasonal Salad

sweets

soup



Mixed Berry Pavlova, Cream



Cream of Tomato

### Additional Services

Additional services are also available to residents at an extra cost.

- Hairdressing salon open once a week
- Specialist equipment and assistive technology as required.



# Your **room**

Timber tones and earth based natural colours and textures make the bedrooms at Brightwater The Cove feel warm, welcoming and homely.

Each room is between 14.5m<sup>2</sup> and 25m<sup>2</sup>, making them the ideal size for one. You'll have your own ensuite bathroom and direct access to the lounge room and dining room, so you'll never be far from where you need to be.

To maintain your privacy, you'll have easily adjustable curtains and the option for no night care disturbance unless required. You'll also have a Wi-Fi connection to keep in touch with family and friends, with any equipment and subscriptions at your own cost.

We encourage you to add personal touches to your room, with pictures, art, and special treasures. While each room offers all the essentials, we want you to make your room your own. Our Service Manager is happy to talk you through your options before making any adjustments.

You can feel confident that your room and ensuite have been designed to adapt to all levels of care needs, supporting you to live as independently as possible in your new home.

## **Furniture & Bedding**

- Electric adjustable bed
- Pressure relieving mattress if required
- Linen and hypo-allergenic pillows
- Over-bed height adjustable table
- Bedside drawers
- Built-in wardrobe
- One visitor chair

## **Extra Features**

- Nurse call points
- Wide doors for ease of mobility
- Easy grip door and draw handles
- Individually controlled reverse-cycle air conditioning
- Bathroom grab rails
- Window fitted with flyscreens and security screens
- Self-adjusted window coverings



# Supporting **West Australians**

Brightwater Care Group is a leading not-for-profit provider of aged care, disability and retirement services that has been part of the Western Australian community for over 120 years.

We take the time to see our residents for who they are – their characters, their stories, their hopes and their dreams. Everyone deserves a better quality of life, and by keeping our residents at centre stage, we support them to live a colourful, connected and cared-for life.

Our dedicated Research Centre helps us discover new ways to enable wellbeing, collaborating with universities to find solutions to improve the quality of lives of our residents, with studies focused on brain health, ageing well, independence, dementia care and nutrition.

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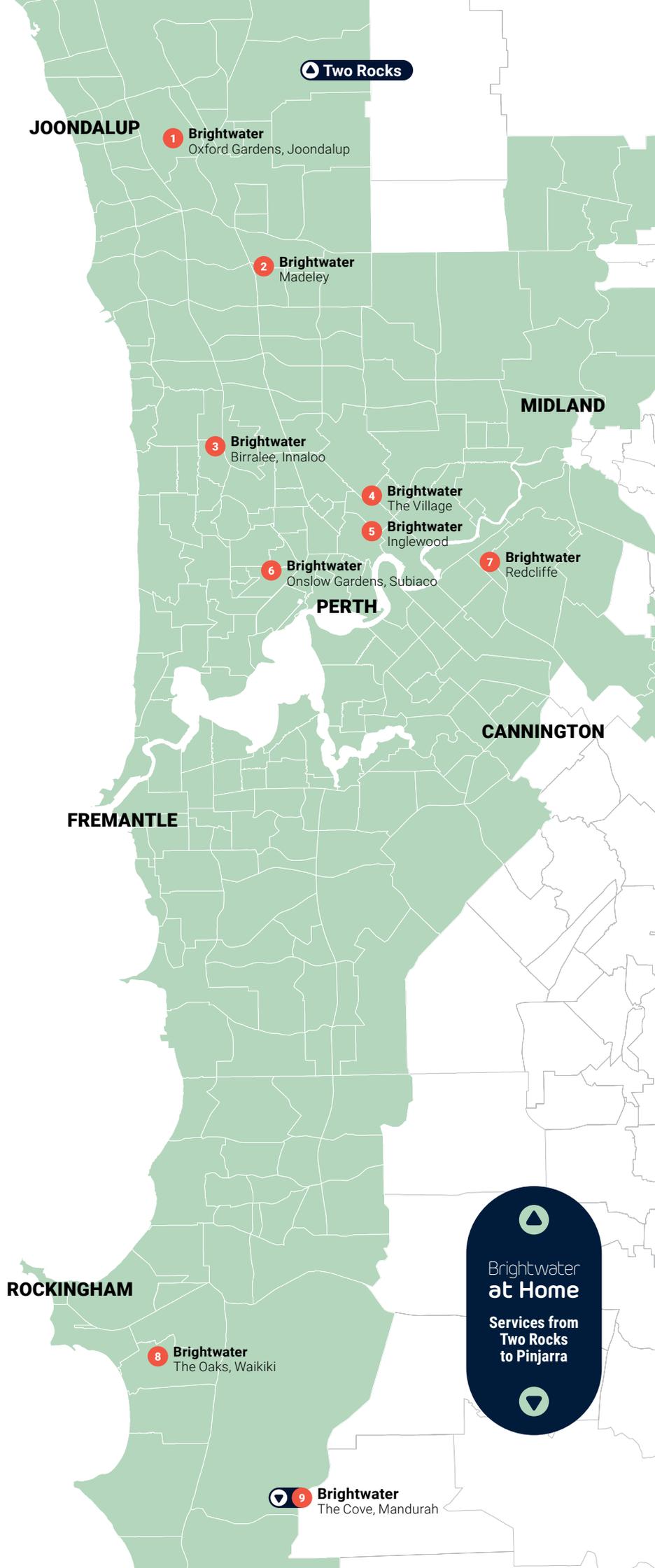
**We see what others don't**

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## Our **locations**

- 1 Brightwater Oxford Gardens**  
30 Regents Park Road, Joondalup, WA 6027  
61 residential beds
- 2 Brightwater Madeley**  
95 Imperial Circuit, Madeley, WA 6065  
110 residential beds
- 3 Brightwater Birralee, Innaloo**  
155 Odin Road, Innaloo, WA 6018  
30 residential beds + 30 transition care beds
- 4 Brightwater The Village**  
150 Dundas Road, Inglewood, WA 6052  
64 residential beds including the Specialist Dementia Care Unit
- 5 Brightwater Inglewood**  
2A Walter Road West, Inglewood, WA 6052  
128 residential beds
- 6 Brightwater Onslow Gardens**  
39 Hamersley Road, Subiaco, WA 6008  
62 residential beds
- 7 Brightwater Redcliffe**  
23 Johnson Street, Redcliffe, WA 6104  
50 residential beds
- 8 Brightwater The Oaks**  
2-10 Oakwood Crescent, Waikiki, WA 6169  
61 residential beds
- 9 Brightwater The Cove, Mandurah**  
35 Hudson Drive, Dudley Park, WA 6210  
131 residential beds



# Right by **your side**

At Brightwater, we're here for your next chapter.

Every story is unique and no matter the journey, we'll be here to guide you through.

**So get in touch – we're only a phone call away.**

📞 1300 223 968

✉ [welcome@brightwatergroup.com](mailto:welcome@brightwatergroup.com)

🌐 [brightwatergroup.com](http://brightwatergroup.com)



**Brightwater Care Group**

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At Home | Residential | Disability | Retirement