



Welcome to the first edition of the Southern Plus East Fremantle Communique, an opportunity for Southern Plus to update you on the progress of our innovative aged care living centre as we move towards officially opening the centre in mid 2018. We hope you enjoy reading about how we're bringing a new approach to aged care, health and wellness to seniors in East Fremantle.

Delivering the next generation of aged care

Having purchased the former Kaleeya Hospital site in 2014 from the State Government, Southern Cross Care began the redevelopment of the site in 2016, and it is due to open in 2018. Southern Cross Care CEO Errol Turner said nearly every aspect of the site is being redeveloped and renovated to create an outstanding innovative aged care centre. The key focus is next generation aged care, with advanced care planning to support frail aged and people living with advanced dementia. The site will also include a state of the art health and wellness centre with a hydropool, gym and allied health specialists.

Southern Plus East Fremantle At a glance



24/7 Nursing care



Dementia specialist



Palliative care



24/7 Concierge



83 rooms



Gardens



Social activities



Theatre room



Casual + fine dining



Hydrotherapy pool



Medical centre



“We engaged one of Western Australia’s leading architecture firms, SPH architecture + interiors, to undertake the master planning, architectural and interior design of the new Aged Care Centre.

“Working with SPH, it is our aim to deliver a contemporary integrated health, wellness and aged care environment with the best aged care, restorative and health services under our brand Southern Plus for seniors in the East Fremantle community.

Errol added that in the spirit of our contemporary next generation aged care brand Southern Plus, we are committed to making it as easy as possible for older people to access the health, wellness and care services they need, when they need it.

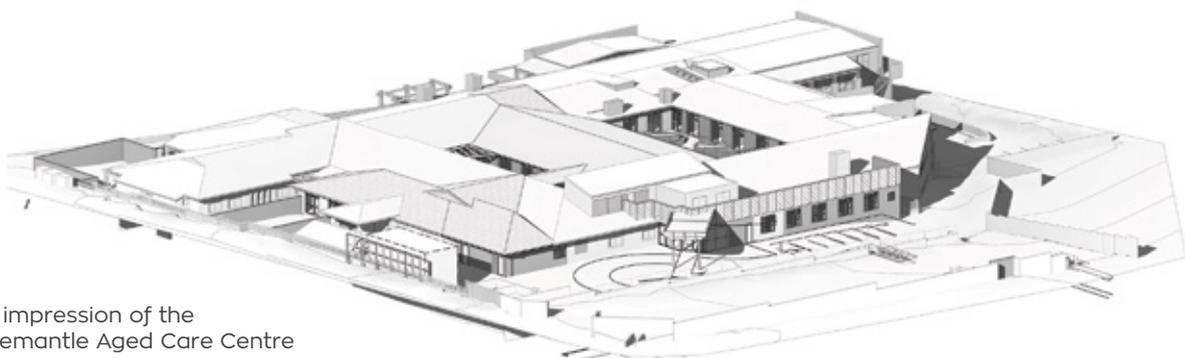
“In our residential care home we have created dementia-friendly spaces to support a welcoming and caring environment for both residents and staff, incorporating outdoor areas such as courtyards, gardens designed specifically for those with dementia and balcony and outdoor spaces that are aesthetically pleasing, safe and functional. At the heart of everything we do is our residents happiness. We aim to offer the best in advanced care planning, 24/7 nursing support and palliative care . We go to great lengths to nurture an atmosphere of friendship and wellbeing.

“On the ground floor, Southern Plus East Fremantle will provide access to health and wellbeing services including rehabilitation, health and exercise physiology services. These extra services will be available to our residents at an additional cost.

“We believe this offering will set new standards in health and wellness and will be a point of difference,” Errol said.

Subject to the necessary finalisation of the building and landscaping, Errol said he hoped to open the facility by mid 2018.

“There are many variables that may impact this delivery date and these unfortunately are outside our control, but we are working hard to have it open as soon as possible to meet the needs of the community”.



Artist's impression of the East Fremantle Aged Care Centre



Notre Dame University researcher uncovers the history of our site

We recently invited Notre Dame University to research the origins of the site on which the Southern Plus East Fremantle Aged Care Centre is located. Following their research findings, we were very interested to learn that in addition to the site having a long and rich history of providing health and medical services for 40 years as the Kaleeya Hospital it was also home to one of East Fremantle's more prominent local residents.

Formerly part of a larger landholding, the area where the centre is located was originally called 'Richmond Heights' as shown in a 1913 locality sale plan (pictured). From 1906 to 1939, the actual site on which the centre is located was home to Captain Andrew Mills, a highly esteemed sea-master who worked

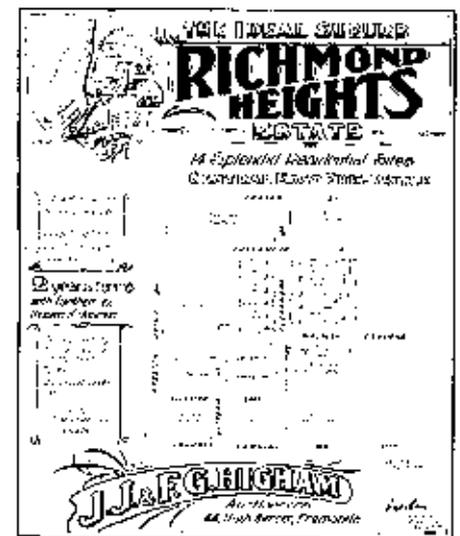
the Singapore trade route for the West Australian Steamship Company. Captain Mills captained the ships *Australind*, *Minilya*, *Minderoo* and *Gascoyne* on numerous voyages on the North-West-Singapore route, spanning a career of almost 40 years.

After the Mills family sold the home in 1939, the property had various owners until it was purchased by the Public Works Department (later known as the Building Management Authority) in 1973 as the site for the Kaleeya Hospital, which opened in 1976. For 40 years, the Kaleeya Hospital provided a range of services to the local community, until it closed in 2014.

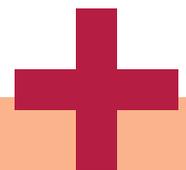
Southern Plus would like to acknowledge and thank Riley Buchanan from Notre Dame University for her assistance with this research.



The S.S. Minderoo, which was captained by Andrew Mills on many voyages on the Singapore Trade Route. (Image Courtesy of Fremantle History Centre)



Sale plan for the subdivision of 'Richmond Heights' in 1913. (Image Courtesy of State Library of WA)



Coming soon: Health and wellness centre

On the ground floor we will offer a state of the art health, wellness and rehabilitation centre. Residents will have access to onsite GPs, Gerontologists and allied health. In particular, we will cater for residents who are living with chronic illness or injuries or those who are recovering from illness or after a stay in hospital.

Our health and wellness centre programs alongside our exceptional facilities and services include a hydrotherapy pool and exercise physiology. We will ensure residents have access the latest health and wellness approaches, enabling a better way to age.

The ground floor health and wellness centre will open shortly after the residential care home upstairs.

Key features of the health and wellness centre include:

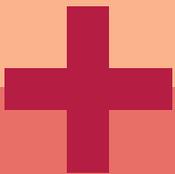
- + Access to onsite GPs and Gerontologist.
- + Allied health professionals including physiotherapists, occupational therapists, podiatrists and exercise physiologist.
- + Rehabilitation facilities including an exercise physiology gym and hydrotherapy pool.

About Southern Plus

Southern Plus was created in response to the need to offer our ageing population the next generation of aged care services. We aim to help clients with complex health care needs to achieve what they want to truly enjoy life as they age in their home.

We are now changing the concept of residential care as we expand Southern Plus and introduce next generation health and wellness services for residential aged care living at our innovative aged care centre in East Fremantle.

Southern Plus is part of the Southern Cross Care (WA) Inc. Group (SCC), one of Western Australia's leading aged care providers. For over 50 years, SCC has been committed to helping West Australians access a range of care services in their own homes or at one of SCC's retirement villages or residential aged care facilities.



Southern Plus East Fremantle

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Register your interest by phone or online



Call our 24/7 'Aged Care'
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