



# IRT Peakhurst

Everything you need to know about our community

24 Turpentine Avenue, Peakhurst NSW 2210

# IRT Peakhurst

Located among fully landscaped gardens and parklands, IRT Peakhurst has been created to enhance the surrounding views and natural light at every turn.

With 95 independent living villas and 92 private care suites, this spacious community is perfect for those looking for contemporary living. Everything about IRT Peakhurst has been designed to make residents as comfortable and welcome as possible.

The co-located retirement village and residential aged care centre offers a unique opportunity to remain as close to friends and family as possible whilst receiving personal and professional care.

Residents are supported throughout their entire aged care journey.

IRT Peakhurst is located in a leafy residential suburb close to Peakhurst Park and CBD. You'll be just a short stroll from local shops, with the larger Westfield Hurstville just down the road and easily accessible, and a bus stop right out front.

There's always something interesting going on for you to get involved in at our community. Join in with a range of activities to suit your needs and interests or if you'd prefer some privacy, our landscaped gardens and quiet areas are also available.



**Top left** - Entertain friends and family in our community centre.

**Top right** - Catch up on your reading in our library.

**Bottom** - Enjoy some peace and quiet in our landscaped gardens.

# IRT Peakhurst Aged Care Centre

## Professional aged care with a personal touch

Our aged care centre offers professional personalised care in relaxing surroundings. Choose from a range of private suites with ensuite or receive specialised dementia and palliative care in a secure environment. Our experienced staff and Registered Nurses are on hand to ensure you're comfortable and well cared for.





**Professional  
Personalised Care**



**Modern Comfortable  
Living**



**Nutritious Meals  
and Refreshments**



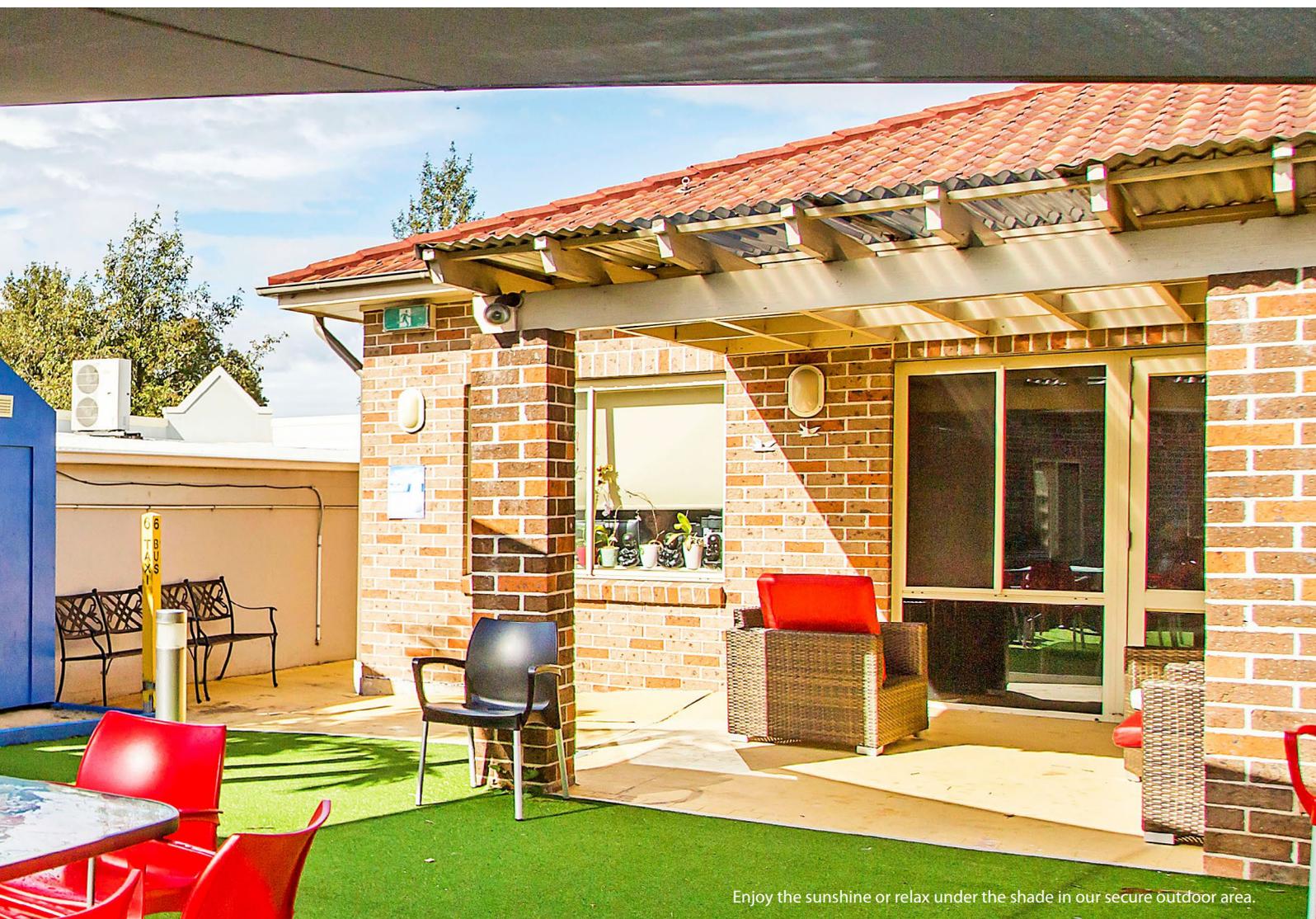
**Engaging Lifestyle in a  
real Community**



**Connect with Family  
and Friends**



**Aged Care Centres  
that Give Back**



Enjoy the sunshine or relax under the shade in our secure outdoor area.

## Activities

Get to know your neighbours and discover new pastimes with your choice of community activities, entertainment and wellbeing programs. Go on outings in the community bus or invite your family and friends to join us for special events in the community centre. Feel included and connected at IRT Peakhurst.

## Food and Beverages

Enjoy seasonally based meals and refreshments in your care suite or community dining room. Our catering team are experts in tasty, nutritious catering for aged care residents. You can also choose from our range of extra dining services, including private dining for special occasions. Be delighted by the dining experience at IRT Peakhurst.

## Journey of Care

IRT applies an innovative approach to residential aged care. Our Journey of Care is a new model of care that personalises the care experience for every resident. We recognise that every care journey is unique and honour the individual diversity of each resident. Our specialised model of care ensures residents age in the right place with the right care needs within our aged care centres.

The IRT Journey of Care incorporates two key elements, neighbourhoods and specialist programs.

Neighbourhoods cater for residents with similar care needs, allowing for staff specialisation, and tailored design of the physical environment and equipment. They allow families to see their loved one ageing in the right place with the right care needs.

Our specialist programs support resident wellbeing at each stage of their care journey. By working in partnership with leading Australian researchers and health experts, we enrich residents' quality of life, when they need it most.

The Namaste Program is a specialty program offered at selected IRT care centres, including IRT Peakhurst. It is a unique sensory-based care experience where residents are cared for by trained staff in a purpose-designed room using therapeutic touch, aromatherapy, music and sensory experiences.

## Specialised Dementia Care

We provide personalised dementia care with compassion. Our secure care environments and programs are co-designed with Dementia Training Australia and focus on resident wellbeing, community connections and research-based design.

The secure dementia care environments at IRT Peakhurst enhance resident wellbeing by reducing unhelpful stimuli, increasing helpful stimuli and making it easier for staff to ensure resident safety.

## Aged Care Centre Features



BBQ Area



Communal Dining



Community Bus



Community Centre



Hairdresser



Landscaped Gardens



Library



Swimming Pool



Visitor Parking

## On-site Services



Registered Nurse Available



Dementia Care



On-site Retirement Village



Namaste Program



Colourful and engaging decals decorate the walls of the secure outdoor area for our dementia care residents.



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For more information call **134 478**  
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[irt.org.au/peakhurst](http://irt.org.au/peakhurst)



**We'd love to show you around our community.**

Visit [irt.org.au/peakhurst](http://irt.org.au/peakhurst) and book a tour with our friendly team.