



ANH
澳華療養院基金
Culturally Appropriate Aged Care Since 1980

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Your Choice

Your Life

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Australian Nursing
Home Foundation

Our Services

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EXPERTS IN AGED CARE

Our communities are vibrant, our staff are delightful and our services are designed to support you to live the most comfortable life you can.

The choices we offer are shaped by decades of experience, and a commitment to care that's remarkable. Whether you want assistance to live independently at home, full-time help with your health care, opportunities to socialise with your peers, or respite from your role as a full-time carer ... we'll work with you and your family to understand your unique situation and to offer a personalised solution that's right for you.



Services tailored for you

Since 1980, we've been tailoring services to ensure ageing Australians of Chinese, South-East Asian and other backgrounds live positively, age actively and feel empowered to choose the care and support they wish to receive.

As one of Australia's leading and largest non-profit providers of culturally appropriate residential and community-based aged care we serve more than 1,000 people each day, and in line with each person's choices and preferences.

This guide

This guide gives you key information about our services including contact details, eligibility requirements and how to contact us. We'd love to speak with you in person to hear your story and to discuss how we can help you.

OUR SERVICES

The Australian Nursing Home Foundation operates three nursing homes, six seniors wellness centres, three community housing sites, home and community care services in five regions, a flourishing resource and education centre and partnerships that extend our specialist expertise to people of Arabic, Assyrian, Greek, Italian and Korean backgrounds.



“We are always available for clients and their families with a listening ear, an open mind and a warm heart.”

Our staff

All our service managers, registered nurses, educators, specialised dementia carers, personal carers and support and administration staff are suitably skilled and trained to perform their roles. Health and care staff also speak Chinese and other dialects. They'll work in consultation with

you, your family and friends, and with health professionals and volunteers, to ensure the care and services you receive support your wellbeing.

Our services

You will find a comprehensive list of our services and contacts at the back of this guide.

OUR MISSION

Our mission is to be the model provider of culturally appropriate residential and community aged care in New South Wales and Australia.

OUR PHILOSOPHY

Our philosophy inspires us to honour and respect our elders as family in caring and loving communities.



OUR VALUES

INTEGRITY

We are ethical, respectful, honest and trustworthy in all our dealings with people.

CARE AND COMPASSION

We show our compassion and love by caring for and nurturing the whole person—physical, social, emotional and spiritual.

PROFESSIONALISM

We attract and retain staff with the appropriate knowledge and skills to achieve the highest quality in our practices—complying with professional standards and regulatory requirements, and striving to do the right thing.

RESPECT

People really matter to us, so we show dignity and respect in our relationships with others.

TEAMWORK

Our staff and volunteers work as a team, embrace diversity and respect differences.

EQUITY

We act justly and fairly, ensuring equitable access to care and accommodation—with special concern for people in poverty or need.

RIGHTS

We recognise and respect every individual’s rights to privacy, dignity and confidentiality and to exercise choice and control over his or her lifestyle, while not infringing the rights of others.

INNOVATION

We embrace innovation and knowledge to achieve quality services—adapting nimbly to change and thinking outside the box to meet our clients’ needs.

STEWARDSHIP

We act responsibly for the people and with the resources entrusted to our care—striving to make decisions that preserve and enhance the benefits for present and future generations.

“I love it here. The staff are caring, the living spaces are cosy and well maintained, and the food is great.”



AT HOME IN OUR RESIDENTIAL CARE

Our residential care options are tailored to help you live the happiest and most meaningful life possible—secure in the knowledge that our registered nurses and other dedicated staff are there to assist you 24 hours a day. In our safe and supportive communities, we share your language and celebrate your cultural background through food and festivals. All of our aged care homes are approved by the Australian Government to provide quality care services, and we’re committed to making a positive contribution to your health and wellbeing.

Our three residential services offer a variety of communal areas for family visits, socialising with other residents, and participating in activities. Each home also offers an array of services to support you including: physiotherapy, rehabilitation, palliative and respite care, medication management, personal care, leisure programs and opportunities to socialise.

Bernard Chan Nursing Home is set in a prime residential area of Burwood with good links to transport and wider Sydney. It is a pleasant stroll to the local library; shopping, leisure and community centres. Living in this secure, 45-bed home you’ll enjoy the welcoming environment, landscaped gardens, alfresco dining, outdoor exercise and recreation areas, and the friendly care of our multilingual staff and allied health professionals.

Bernard Chan Nursing Home
58 – 60 Weldon St
Burwood NSW 2134
T: (02) 8741 0288
F: (02) 9744 6587
E: bcnh@anhf.org.au

Chow Cho Poon Nursing Home is conveniently located in Earlwood above the Cooks River. It is close to parks, transport, shopping, cafes, and leisure centres. Living in this secure,

46-bed home you’ll enjoy the spacious recreation area, the pleasant outdoor courtyard, the herb and vegetable gardens, and the friendly care of our multilingual staff and allied health professionals.

Chow Cho Poon Nursing Home
113–115 Homer St
Earlwood NSW 2206
T: (02) 9559 4088
F: (02) 9559 4233
E: ccpnh@anhf.org.au

Lucy Chieng Aged Care Centre is a modern, purpose-built aged care home set in a quiet residential area of Hurstville. It is next to a large recreational park, close to transport, and a pleasant stroll to the local library, shopping and community centres. Living in this secure, 70-bed home, with its specially designed dementia-specific wing, you’ll enjoy the warm and welcoming community, beautifully designed spaces and landscaped gardens, and the friendly care of our multilingual staff and allied health professionals.

Lucy Chieng Aged Care Centre
8–14 Romani Ave
Hurstville NSW 2220
T: (02) 8558 8088
F: (02) 8558 8000
E: lcacc@anhf.org.au

GETTING STARTED
Before you move into an ANHF aged care home, your local Aged Care Assessment Team (ACAT) will need to evaluate your health, mobility and care needs. ACAT assessors are health care professionals employed by the Australian Government to help you figure out what level of support you require and what types of aged care services will best suit your needs. They can also arrange referrals for your place in residential care.

Call 1800 200 422 or visit myagedcare.gov.au to contact your local ACAT team directly or seek assistance from your doctor who can refer you for an ACAT assessment.

If you’re eligible to apply for a nursing home placement at ANHF, please fill in the Admission Booking Form and return this with your Aged Care Client Record (ACCR) to Australian Nursing Home Foundation Ltd, 60 Weldon St, Burwood NSW 2134. You can download the admission form from www.anhf.org.au



COSTS
When you move into an aged care home you may be asked to contribute financially towards your care, accommodation and daily living costs. How much you pay depends on your financial situation.

The Australian Government sets the maximum fees for care and daily living expenses, and there are also rules about how much you can be asked to pay for your accommodation.

If you are required to pay an accommodation fee, you can choose to pay a lump sum, daily fees or a combination of both.

Fees will be set out in the Resident Agreement when you move into the nursing home.

As a non-profit aged care provider, we are dedicated to ensuring all older people lead healthy and fulfilling lives, and particularly those who are disadvantaged. If affordability is a concern, please contact us to discuss your needs and eligibility for government financial assistance.

For more information on fees and charges visit myagedcare.gov.au.

“The help I get with shopping and meals means I’ve stopped fretting. I can get on with the activities I’m still good at—which is fantastic.”

STAY HAPPY AT HOME WITH OUR SUPPORT

Our home care packages will help you to live independently and happily at home with the support to do what’s most important to you. As an Australian Government-approved home care service provider, we cater for a range of care needs from basic to high (that is home care package levels 1 to 4). Whatever level of help you need, we’ll work with you to identify the services that will best assist you. This ‘Consumer Directed Care’ gives you greater choice and flexibility and ensures your individually tailored package is most effective.

What services are available?

- Support services: cleaning, laundry, gardening, transport and home maintenance
- Clinical care: nursing and allied health
- Personal care: showering, toileting and dressing
- Nutritional support: shopping, cooking and meal preparation
- Continence support: products and equipment
- Mobility: aids and specialised equipment
- Leisure support – activities, interests and outings

Where?

We provide home care services in the Inner West, South West, Western, Northern and South East regions of Sydney.



GETTING STARTED

Your first step is to book a local Aged Care Assessment Team (ACAT) to check your eligibility for home care services. ACAT assessors are health care professionals employed by the Australian Government to evaluate your health, mobility and care needs and to help you figure out what level of support you require and what types of aged care services will best suit your needs. Ask them to refer you to ANHF for your home care service.

Call 1800 200 422 or visit www.myagedcare.gov.au to contact your local ACAT team directly or seek assistance from your doctor who can refer you for an ACAT assessment.

Information in Chinese is available http://www.myagedcare.gov.au/other_languages



COSTS

We’re happy to discuss the cost of your personalised Home Care Package with you directly as fees vary from person to person depending on the services you choose and subsidies received from the Federal Government.

Each client is asked to contribute towards the cost of their package and can also top this up if they wish to purchase additional home care services. We’ll provide all the information you need to understand your options for home care and help you to develop a budget to support your choices. We’ll also check in with you to adjust your plan as your needs change.

As a non-profit provider, we are dedicated to ensuring all older people lead healthy and fulfilling lives, and particularly those who are disadvantaged. If affordability is a concern, please contact us to discuss your needs and eligibility for government financial assistance.



WE’RE HERE TO HELP

We’d love to speak with you about how we can support you to live independently at home and to manage your individualised care package. Our friendly staff can help guide you through these processes so feel free to give us a call.

Please contact us for any inquiries.

T: (02) 9784 0868
F: (02) 9784 0845 / 9784 0846
E: homecare@anhf.org.au

For more information on Australian Government Home Care Packages and assessments, please visit myagedcare.gov.au or call My Aged Care on 1800 200 422.

These services are subsidised by the Australian Government.





“The exceptional care means Dad is happy and comfortable — so I’m happy and very grateful.”



CENTRES THAT SUPPORT YOUR WELLBEING

Seniors Wellness Centres that we operate throughout Sydney play a crucial role in supporting older people, people living with dementia, and their family carers. All our centres provide culturally appropriate care in a safe, secure and home-like environment. We provide structured activities and programs that promote wellness and reablement to empower our seniors and people living with dementia to maintain their health, well being and independence. We offer transport to and from our centres, a nutritious meal and an array of activities and outings that support your health, wellbeing and independence. If you're a carer, we'll help you get the breaks you need from regular daily care to feel refreshed.

So Wai Seniors Wellness Centre

We provide centre-based and community based wellness and reablement activities and programs to older people living with dementia who reside in Sydney's Inner West and surrounding areas. Based in Burwood, the centre provides services to seniors from Chinese backgrounds (on most weekdays) and from Vietnamese backgrounds (on Thursdays).

60 Weldon Street, Burwood, NSW 2134

T: (02) 8741 0228
F: (02) 9747 1637
E: sowai@anhf.org.au
(Chinese)
hacciw@anhf.org.au
(Vietnamese) and outings.

Stanley Hunt Seniors Wellness Centre

Based in Ultimo, we provide cultural specific centre based and community based wellness

and reablement activities and programs from Monday to Friday to older people living with dementia who live in City of Sydney areas and respite for working carers who live or work in the surroundings suburbs, Leichhardt and Marrickville.

528-538 Jones St, Ultimo, NSW 2007

T: (02) 9211 9838
F: (02) 9280 0239
E: shc@anhf.org.au

Hurstville Seniors Wellness Centre

We provide respite, wellness and reablement activities and programs (on Tuesdays, Wednesdays and Fridays) to older people in the St George area who are living with dementia so that carers can have a break from their caring roles.

8-14 Romani Avenue, Hurstville NSW 2220

T: (02) 8558 8098
F: (02) 8558 8000
E: bridgettam@anhf.org.au

Bonnyrigg Heights Seniors Wellness Centre

We provide cultural specific centred based and community based wellness and reablement activities and programs to older people living with dementia who live in the Liverpool and Fairfield area on Wednesdays.

46 Simpson Road, Bonnyrigg Heights NSW 2177

T: (02) 9753 3400
F: (02) 9753 3500
E: haccsws@anhf.org.au

Chester Hill Seniors Wellness Centre

We provide cultural specific

centred based wellness and reablement activities and programs to older people from Chinese background (Fridays) and Vietnamese background (Wednesdays) who live in the Bansktown area.

25 Chester Hill Road, Chester Hill NSW 2162

T: (02) 9753 3400
F: (02) 9753 3500
E: haccsws@anhf.org.au

Greenfield Park Seniors Wellness Centre

We provide cultural specific centred based wellness and reablement activities and programs to older people from Chinese and Vietnamese background who live in the Liverpool and Fairfield areas on Tuesdays and Thursdays.

17 Greenfield Park Rd, Greenfield Park NSW 2176

T: (02) 9753 3400
F: (02) 9753 3500
E: haccsws@anhf.org.au



GETTING STARTED

Your first step is to book a local assessor from the Regional Assessment Service (RAS) to check your need, and eligibility, for care

services. They will visit you in your home to find out what support you are receiving, what health concerns you have, and whether you feel safe and at ease with activities at home. They may speak to your partner, family member or other carer to help assess what centre would best suit your needs and what additional support they may need in caring for you. Once your assessor decides you're eligible, ask them to refer you to ANHF for your service.

Call 1800 200 422 or visit My Aged Care at www.myagedcare.gov.au/eligibility-assessment/home-support-assessment to contact your local RAS directly or seek assistance from your doctor who can refer you for a RAS assessment. Information in Chinese is available <http://www.myagedcare.gov.au/other-languages>



COSTS

You will pay a daily attendance fee to cover your meal and activities, and a small fee if you need transport. On outings, the cost of meals may be additional.



WE'RE HERE TO HELP

Contact our Intake and Administrative Officer on
T: (02) 9784 0840
F: (02) 9784 0845
E: homecareadmin@anhf.org.au

“I have a comfortable and secure home thanks to ANHF Seniors Housing.”



COMMUNITY HOUSING

The Australian Nursing Home Foundation (ANHF) offers a number of culturally appropriate housing options for seniors. We manage government and privately owned housing where you can enjoy a comfortable and secure living environment. You will enjoy your independence while having an opportunity to get involved as little or as much as you like by making friends and joining ANHF's special events. ANHF has a range of care and support services we can organise at your choosing.

Jones St and Poplar St Community Housing

— As a registered community-housing provider, ANHF manages 70 units on behalf of NSW Family and Community Services. The units are located close to Chinatown, with 24 units (3 floors) in Poplar Street, Surry Hills, and 46 units (a purpose-built complex) in Jones Street, Ultimo. These units cater for you if you are eligible for social housing, come from a Chinese background, and are financially disadvantaged and/or socially isolated.

Jones St Community Housing, Ultimo

*528-538 Jones St,
Ultimo NSW 2007*

Poplar St Community Housing, Surry Hills

*2 Poplar St,
Surry Hills NSW 2010*

For inquiries, please contact us:

T: (02) 9784 0888

F: (02) 9784 0800

E: housing@anhf.org.au

Lucy Chieng Gardens

in Campsie is designed for older people from Chinese backgrounds in the private rental market who want to live with others who understand their culture and speak their language. In this friendly environment tenants enjoy Chinese meals, satellite televisions, games and gatherings, a library with Chinese titles and a kiosk with two computers with free Internet access.

To be eligible for admission you must be:

- Aged 60 or above with Chinese background
- Able to look after yourself independently
- A permanent Australian resident/citizen

Lucy Chieng Gardens

*413-425 Beamish St, Campsie
NSW 2194*

T: (02) 9784 0888

F: (02) 9784 0800

E: housing@anhf.org.au

HOW TO APPLY

ANHF community housing booking forms can be downloaded from www.anhf.org.au
For further information on government housing, please visit www.housing.nsw.gov.au





“Mum’s visitor shares tea and stories—and that’s exactly what she needs.”



OTHER COMMUNITY SERVICES

The Australian Nursing Home Foundation receives government funding to provide the following services in the community that support older people, people living with dementia, and their families and carers.

Community Visitors Scheme (CVS)

Through our Community Visitors Scheme (CVS) we pair community volunteers with older Chinese or Vietnamese clients who are experiencing—or are at risk of experiencing—social isolation. Our friendly volunteers visit weekly or fortnightly to share a cup of tea or coffee, read together, watch a favourite TV program, listen to music, play a board game or enjoy a conversation with our clients.

You are eligible for CVS if you:

- Receive an Australian Government subsidised Home Care Package.
- Have been identified by your aged care provider as experiencing, or being at risk of experiencing, social

isolation due to social or cultural circumstances or because of disability.

- Speak Chinese or Vietnamese.

This service is available in the Inner West, South West, Western, Northern and South East regions of Sydney.

For any inquiries, contact us:

T: (02) 9784 0848

F: (02) 9784 0800

E: volunteers@anhf.org.au



This service is funded by the Australian Government Department of Social Services.

Domestic Assistance and Social Support Service (DASS)

We provide basic home help and support to older people from Chinese and Vietnamese backgrounds to enable them to live independently in their own homes and communities.

The services we offer include:

- Domestic assistance
- Personal Care
- A friendly home-visiting service and social contact by telephone
- Outings and day trips
- Special interest and social groups

You can access these services if you are aged 65 or over, from a Chinese and Vietnamese background, and reside in Auburn, Baulkham

Hills, Blacktown, Holroyd or Parramatta.

This service is funded by the Australian Government Department of Social Services through the Commonwealth Home Support Program (CHSP).

Domestic Assistance and Social Support Service: (02) 9784 0837

These services are funded by the Australian Government.

So Wai Support Group

If you're a carer for a person living with dementia, this group exists to support you. Carers meet to share information and learn practical skills to assist people living with dementia, and to enjoy special 'Carer Pampering Days'.

For any inquiries, contact us: (02) 8741 0228.

Bernard Hor Resource and Education Centre

Our well-stocked library contains informative and practical resources about aged care and is located in the head office of the Australian Nursing Home Foundation.

To book your visit please call (02) 8741 0218 or email info@anhf.org.au.



Finding the right aged care service can be daunting—but ANHF makes the choice easy for us.

Communications and Marketing Unit (CMU)

CMU exists to promote ANHF's services through media releases, radio sessions, TV programs, Facebook, information stalls and sessions and other strategic communication activities. Its diverse work includes oversight of the ANHF website, preparation of PowerPoint presentations for individual service promotion, provision of document translation, assistance with publications including advice on print design and answering telephone inquiries. We're here to help you—so please call us.

Volunteer with us

Volunteering is a wonderful way to meet new people, learn new skills, gain work experience and give back to the community. We welcome your involvement, value your gifts and expertise, and acknowledge your contribution through special awards days. We also give you training and ongoing support so that you become part of our community.

Ways you can volunteer

- Assisting clients with transport for shopping and appointments
- Helping with art, craft, reading and other group activities
- Reminiscing, talking, discussing news and issues
- Visiting a client in their home and sharing a cup of tea
- Sharing your musical or other creative talents
- Being a caretaker
- Helping with cooking and shopping in our senior wellness centres
- Accompanying group outings
- Helping with promotion, fundraising or office administration

Who can volunteer?

We'd love to hear from you if you're interested, 18 years and over, can speak Cantonese, Mandarin or Vietnamese, and have time or a special skill to share. Call (02) 9784 0848 or email: volunteers@anhf.org.au.

Why choose our services?

With more than 35 years experience in providing culturally and linguistically diverse aged care, we're leaders in the field—and we know what's important. In serving you we will:

- Recognise your unique history, hopes, strengths, wholeness and dignity.
- Respect your wishes to express yourself, make decisions about the support you receive, and participate in the community.
- Welcome you, your family and friends regardless of how you choose to live your life, your cultural background or your religious choices.
- Employ professional, compassionate, multilingual nursing staff and other caregivers who'll listen and provide the support you need.
- Cook nutritious and culturally appropriate food to support your health and wellbeing.
- Bring you enjoyment through our recreation and lifestyle program, Chinese New Year, Seniors Week, Easter, Moon Festival, Christmas and other celebrations.

Make an appointment

Call (02) 8741 0218 today to make your appointment as our staff are happy to talk with you (or your family or advocate) about your individual situation and choices.

Take a Tour

To see our residential care centres and services first-hand please book a nursing home tour via www.anhf.org.au/contact-us/pre-admission-tours. Or email info@anhf.org.au or phone (02) 8741 0218 for more information.

To see our community care services and the array of activities and programs we offer please email info@anhf.org.au or phone (02) 8741 0218 for more information.

Visit our website

Additional information about ANHF and our services is available on our website www.anhf.org.au.

Australian Nursing Home Foundation

60 Weldon St Burwood NSW 2134

Tel: (02) 8741 0218

Fax: (02) 9747 1637

Email: info@anhf.org.au

Website: www.anhf.org.au

Residential Aged Care Services

Bernard Chan Nursing Home

58 Weldon Street Burwood NSW 2134

T: (02) 9744 1287

F: (02) 9744 6587

E: bcnh@anhf.org.au

Chow Cho Poon Nursing Home

113-115 Homer Street Earlwood
NSW 2206

T: (02) 9559 4088

F: (02) 9559 4233

E: ccpnh@anhf.org.au

Lucy Chieng Aged Care Centre

8-14 Romani Avenue Hurstville
NSW 2220

T: (02) 8558 8088

F: (02) 8558 8000

E: lcacc@anhf.org.au

Aged Care Housing Services

Jones St Community Housing

528-538 Jones Street Ultimo NSW 2007

T: (02) 9784 0888

F: (02) 9784 0800

E: housing@anhf.org.au

Poplar St Community Housing

2 Poplar Street Surry Hills NSW 2010

T: (02) 9784 0888

F: (02) 9784 0800

E: housing@anhf.org.au

Lucy Chieng Gardens

413-425 Beamish Street Campsie
NSW 2194

T: (02) 9784 0888

F: (02) 9784 0800

E: housing@anhf.org.au

Community Care Services

Seniors Wellness Centres

So Wai Seniors Wellness Centre

60 Weldon Street Burwood NSW 2134

T: (02) 8741 0228

F: (02) 9747 1637

E: sowai@anhf.org.au

Stanley Hunt Seniors Wellness Centre

528-538 Jones Street Ultimo NSW 2007

T: (02) 9211 9838

F: (02) 9280 0239

E: shc@anhf.org.au

Hurstville Seniors Wellness Centre

8-14 Romani Avenue Hurstville
NSW 2220

T: (02) 8558 8098

F: (02) 8558 8000

E: bridgettam@anhf.org.au

Bonnyrigg Heights Seniors Wellness Centre

46 Simpson Road Bonnyrigg Heights
NSW 2177

T: (02) 9753 3400

F: (02) 9753 3500

E: haccsws@anhf.org.au

Chester Hill Seniors Wellness Centre

25 Chester Hill Road Chester Hill
NSW 2162

T: (02) 9753 3400

F: (02) 9753 3500

E: haccsws@anhf.org.au

Greenfield Park Seniors Wellness Centre

17 Greenfield Road Greenfield Park
NSW 2176

T: (02) 9753 3400

F: (02) 9753 3500

E: haccsws@anhf.org.au

Home Care Services

T: (02) 9784 0868

F: (02) 9784 0845

E: homecare@anhf.org.au

Other Community Services

Community Visitors Scheme

T: (02) 9784 0848

F: (02) 9784 0800

E: volunteers@anhf.org.au

Domestic Assistance and Social Support Service

T: (02) 9784 0837

F: (02) 9784 0846

So Wai Support Group

T: (02) 8741 0228

Bernard Hor Resource and Education Centre

T: (02) 8741 0218

E: info@anhf.org.au

Communications and Marketing Unit

T: (02) 9784 0838

E: cmu@anhf.org.au

Volunteer Program

T: (02) 9784 0848

E: volunteers@anhf.org.au