Feel right at home with Villa Maria Catholic Homes

Aged care has been in the spotlight recently as we come to terms with the impact of the COVID-19 pandemic on everyday life.

As one of the leaders in aged care facilities, Villa Maria Catholic Homes (VMCH) provides personalised care for all residents.

Mel is a personal care assistant (PCA) at VMCH Providence Aged Care Residence in Bacchus Marsh. As a valued staff member working in the memory support unit, Mel's own personal experience has led her to a career in aged care. Mel's nan had dementia, and now Mel spends every day helping our residents to retain their independence, and have fun in a warm, inviting, home-like environment.

We chatted to Mel about the care she and her colleagues provide at VMCH.

The caring staff are always on hand to support residents at VMCH. (Supplied)

What does a 'normal' day look like for you?

We start off by doing a check of all the residents, even if they're still sleeping. We never wake them unless there is a real need. We then prepare the dining room, and assist the residents to get ready. In most cases, the residents can shower and dress themselves with direction and reassurance, as keeping their independence is very important.

Residents can help themselves to breakfast as everything is labelled and easily accessible, and we are there to give help if needed.

We then have activities, which are very person-centred, so we have something for everyone. We do gardening, painting, jigsaws, reading, sensory games, walking groups and more! Music and dancing is very popular, so we often dance and sing along. We also have some residents that love to help with the house-keeping, including doing the dishes and laundry folding, etc.

After lunch we have quiet time, and after this some of the residents help us bake for afternoon tea. Then we get ready for the late afternoon and evening, and prepare to do it all again tomorrow!

What is so special about the Providence memory support unit?

The unit itself is so beautiful, with lots of light and a lovely garden area. Everything is accessible to all of the residents, which helps make it feel like it's their home. The staff don't wear a uniform either, which adds to that feeling of being at home. We often sit down and have a cuppa or a meal with the residents which is also really nice – they (and we) love it. The amount of care, understanding and compassion in the memory support unit is beautiful.

Why do you love working in the memory support unit?

I love being able to have that one-on-one time and building a relationship while getting to know the residents. I love knowing their backgrounds. We have a couple of real characters in here, so having a giggle with them is just beautiful.

I love helping them have the quality of life they deserve. Seeing the smiles on their faces when they have achieved something they haven't done in a while is fantastic. It's satisfying to help them overcome a bad day and smile on the other side.

For more information about VMCH Providence Aged Care Residence, or VMCH's memory support unit, contact 1300 698 624 or visit www.vmch.com.au.

Now I've moved in, seeing is believing.

Providence Aged Care Residence, Bacchus Marsh

Don't feel lonely and cold this winter. Providence Aged Care is newly renovated with modern interiors and all the warm and cosy features you'd hope for!

We have a great community, delicious home-cooked meals and a compassionate team ready to welcome you!

Call Sally for a personal tour on 0419 147 380 and get two weeks free respite!

VMCH

two weeks free respite

Two weeks free respite valid for new enquirers only. Offer expires June 30, 2021. Returning customers, please phone Sally to see what we can do for you.

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