

# Upper Mt Gravatt

Aged Care Residence





## Boutique living in family style

Peaceful, leafy suburban surrounds is the ideal Upper Mount Gravatt setting or our boutique, close-knit community offering a premium lifestyle for residents.

In this relaxed environment, we provide care for residents with short-term and permanent needs.

Our approach to care comes from the family values and genuine care that have underpinned TriCare for 50 years, ensuring that each resident receives the care to meet their individual needs, even as life changes.

We ensure residents keep engaged with daily social interaction, through our lifestyle activities and therapies, convivial dining and 24-hour staff presence.

**Relax, knowing loved ones are in good hands with TriCare.**

## Feel right at home

Elegant, traditional surroundings provide a familiar environment for residents to feel at home, and spend quality time with family and friends. Our shaded outdoor alfresco areas and lush gardens are popular for relaxation. We offer a selection of comfortable accommodation, consisting of premium single rooms.

## Every day a special day

Delicious, fresh meals are prepared daily by our onsite chefs with nutritious, tasty choices, and dining rooms hum with chatter at meal times. We help residents look and feel their best with our onsite hairdressing salon and professional wellbeing services, while there's plenty of social interaction through our lifestyle activities program.



### TYPES OF CARE

- Permanent
- Respite
- Palliative

*A Tricare Retirement Community is nearby*



### RESIDENT SERVICES

- Full-time manager
- Registered nurse on site 24/7
- Onsite chefs
- Lifestyle co-ordinators



### PROFESSIONAL SERVICES

- Visiting healthcare practitioners
- Hairdresser



### LIFESTYLE ACTIVITIES

- Lifestyle program
- Garden therapy
- Music therapy
- Art therapy
- Exercise therapy
- Pet therapy
- Community outings
- Religious services
- Computer services - free Wi-Fi



# Relax

it's the TriCare difference

Our TriCare Aged Care Residences have a family-style atmosphere that helps residents feel at home.

We ensure that residents experience daily opportunities to engage in a stimulating environment, while providing genuine care, delicious meal choices prepared daily and a range of accommodation, all to meet individual needs.

You'll find many of our Aged Care Residences are co-located with TriCare Retirement Communities, handy for couples with individual care and accommodation needs.

**1300 TRICARE**  
**[tricare.com.au](http://tricare.com.au)**

**UPPER MT GRAVATT AGED CARE RESIDENCE**  
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