



VMCH Ashwood

**Now I'm moving into VMCH Ashwood,
I feel safe and supported.**

Welcome to VMCH Ashwood

VMCH Ashwood is a 90-bed aged care residence where residents' wellbeing and quality of life are enhanced by a range of social, recreational, spiritual and emotional activities.

We offer private and shared accommodation with private ensuites and individual cooling and heating systems. VMCH Ashwood has numerous shared lounges, quiet spaces and recreational areas including beautiful gardens, an onsite chapel, and a café.

Our care approach is second to none

The VMCH Care Practice is designed to support you to live the life you choose. We're all about independence, engagement and collaboration. We tailor care to the individual, so if you need a more hands-on approach or a higher level of care, that's what we deliver.

We support our residents to achieve their full potential, maintain dignity, foster choice, promote wellbeing and keep community connections alive and well.

Please get in touch to arrange your personal tour.

 1300 698 624
hello@vmch.com.au
vmch.com.au

VMCH

Lifestyle to keep you young at heart

Our weekly lifestyle program includes craft, knitting, cooking, book group, creative writing and poetry, carpet bowls, men's group, happy hour, quizzes, board games, exercise groups, gardening, and bingo. We organise regular bus outings, in-house concerts and social events.

Some of our key programs include:

- Bus outings
- Chaperone service
- Contemplation through music
- Pets and pet therapy
- Family buddy program
- Feel good services (hairdressing, beauty therapy, massage and reflexology)
- Religious services
- Volunteer support.



As a Catholic organisation, VMCH is committed to providing compassionate care in a nurturing environment to all residents and clients. VMCH does not support and will not facilitate Voluntary Assisted Dying. Disclaimer: The information in this document has been prepared by VMCH (Villa Maria Catholic Homes) as a general guide to our services and operations. While every effort has been made to ensure accuracy, VMCH accepts no responsibility for any loss or inconvenience caused by reliance on the information set out in this brochure. Please contact us if you require detailed information about any of our services. September 2022

Please get in touch to arrange your personal tour.

 1300 698 624
hello@vmch.com.au
vmch.com.au

VMCH