

Welcome to Cooinda



respect



Welcome to Coinda

38 Maple Cres, Lithgow, NSW, 2790
(02) 6351 4071

Located in the picturesque town of Lithgow, in New South Wales, Coinda is home to luscious views, surrounded by beautiful gardens and mountain views. Over the past 50 years, Coinda has seen many upgrades with the facility now featuring modern fittings and furnishings to ensure the comfort and enjoyment of all residents.

At Coinda, we take pride in providing individual, tailored support to each resident by qualified, experienced staff, available 24 hours, seven days a week.

Everything you need to feel at home

At Coinda we understand that each of our residents are unique. Our approach to care provides structure, stability, and attention to detail in meeting each of our residents' needs while also facilitating their independence.

With a robust social calendar curated by our social care team and therapies for all to enjoy, our staff at Coinda go above and beyond to provide compassionate care and nurture long-lasting rapport with each of the residents in our homes.

A place to call home

Situated amongst beautiful gardens and mountain views, Coinda offers a retirement lifestyle like no other surrounded by the beauty of nature. With ample room sizes and styles to choose from in this 83-bed facility, with all rooms featuring private ensuites, built-in wardrobes and comfortable

beds, you can rest easy knowing that whichever you choose you will be amongst nature and in complete comfort. The new Palmer & Lesley wings offer modern construction and premium furniture and fittings that ensure a warm and comforting aesthetic for residents to relax and enjoy.

Support tailored for you

Our team of expert staff provide top-tier residential aged care specialising in services for those in need of support for declining health and dementia. With personal care assistants to assist with everyday living, housekeeping services and our team of registered nurses available 24 hours, seven days a week, you can rest assured knowing there is always support when you need it.

Comprehensive care

All of our residents at Coinda have access to frequent visits from specialist providers including physiotherapists, podiatrists, optometrists, hearing and music therapists, dietitians, and visits from the hairdresser.

Our dedicated team of social care coordinators curate entertainment, events, activities, and therapies designed to inspire interest, and participation and promote better health and wellbeing. We offer a range of activities at Coinda including weekly bingo, indoor bowls, workshop groups, meal outings and more.

Healthy and well-balanced meals

Our chefs provide delicious and nutritious meals using only the freshest of ingredients, prepared daily on-site. Our residents enjoy a wide variety of food with a seasonally rotating menu, with daily fare including three main meals and three snacks.



We also accommodate all special dietary requirements.

A sense of community

Guided by our values of respect, care, and integrity our staff are focused on providing a warm and compassionate environment for our residents to enjoy. At Cooina, we see our residents as people, not patients. The relationship between our staff and our residents is important to us, which is why our bonds are strong and trusting and our residents and staff feel more like extended family.

Staying connected

Friends and family can visit Cooina at any time. However, we understand that it might not always be possible. For added peace of mind, remote video calls are always available so that you can stay connected with family and friends. Our team is skilled to assist with technology to set up a successful video call or assist in facilitating a visit from your loved ones, whenever you like.

Our history

In 1954, Ald. H. G. Coates, Mayor of Lithgow, had carried out an extensive amount of research and investigation into establishing homes for the ageing population in Lithgow. Upon calling a special meeting, the mayor appointed a special committee to investigate sites for homes for the aged to be established.

Correspondence has revealed that a Federal Government grant of 1.5 million pounds was promised should they be able to pull together specific plans and relative details. The mayor had mentioned that the State Health Minister at the time, Mr M. O'Sullivan,

was also most sympathetic and helpful to the cause.

Having identified the perfect land for an aged care facility to be built, the construction for the home took over two years in two stages. It was finally opened by Mr J. Finlay MBE, the committee president Ald. H. G. Coates MLA and secretary J. K. Madden on the 26th of May 1968 as a 25-bed hostel called Lithgow and District Senior Citizen Homes "Cooina".

In 1988, a piece of land was donated to construct an additional care facility called Tanderra, an aboriginal word meaning 'resting place'.

Formerly an air force base camp in the early 1930s and 1940s and linked to the small arms factory in Lithgow that is still open today, Tanderra officially opened in March 1991.

As the years went by, the Cooina committee of management realised that there was a growing need for more beds and upgraded facilities at the home. The planning began for a range of extensions and refurbishments to ensure residents' comfort at the home. In 2019 building began on Stage 1 of a brand new development with the new lodge to accommodate 36 new ensuite rooms with state of the art facilities. This state of the art wing was opened in 2021.

On the 29th of October 2003, the Cooina extensions and refurbishments were officially opened by the Minister for Ageing, the Hon. Julie Bishop M.P. Those recognised on the day for their services on the committee were the late Harold G. Coates O.B.E, the late John K Madden A.F.C and the late Reginald Gillard O.A.M. Today the two

extensions are called Madden and Gillard houses. The new refurbishments at Cooina included toilets and showers for all rooms and a function room for events, renovations to the administration facilities for ease of service and upgrades to the kitchen equipment.

Steps on the path to aged care living

Before becoming a resident at Cooina, it's important for you and your loved ones to have an open, honest discussion about your needs and budget. For many, moving to residential aged care can be a significant lifestyle change that comes with many questions. Before you begin your journey, there are a couple of steps you can take to assess if this is the right move for you.

1. Determine your eligibility

To determine if you're eligible for aged care, you will need to be assessed by the Aged Care Assessment Service (ACAS) through My Aged Care, the Australian Government body responsible for aged care services. This can be organised through a doctor, social worker, or health professional. For more information on Aged Care Assessments, you can speak with your doctor or a member of our helpful Customer Service team on 1300 144 144.

2. Find the right home

Everyone is different and that's why an aged care home that's a perfect fit for one person isn't necessarily the perfect fit for another. Finding the right aged care home is all about personal preferences, specific requirements, and aesthetic taste. That's why at Respect, we create our homes to offer something for everyone and to be as accommodating as possible.

You can book a tour of any of our Respect aged care homes to allow you to speak with residents and members of staff to provide a well-rounded view of what we offer. To book a tour of our homes you can contact a member of our helpful Customer Service team on 1300 144 144.

3. Understand costs

Your own personal circumstances and financial situation will influence the amount you pay for an aged care facility. The Government determines how much you pay or may be required to contribute. To better understand the costs associated with residential aged care, we recommend seeking financial advice before applying. The cost of residential aged care consists of care fees and accommodation fees, which we cover below:

- Basic daily fee: This fee covers living costs, such as meals, electricity, and laundry.
- Means-based fee: This fee is calculated by the Department of Human Services based on your income and assets and is a contribution to the cost of your personal and clinical care.
- Accommodation payment: Paid through an upfront amount, daily payment or a combination of both, this cost includes the room that you will occupy.
- Additional service fee: Some services are included in our Additional Services package, which incurs a mandatory additional fee. Additional Services packages are offered in selected Respect Aged Care homes, for a full list of services and their estimated costs, please contact us.



4. Apply to live at Cooida

After determining your eligibility and understanding fees, all prospective residents need to complete and submit an application. You may fill out an application in person at any of our homes. We recommend that you fill out an application with the assistance of your doctor and/or loved ones. Applicants may apply to multiple locations at the same time and are free to decline any offer.

5. Move in

As soon as we've determined that we can meet your needs and have a suitable vacancy, you will be notified with an offer of residence, along with a move-in date. If there are no current vacancies, we'll let you know when a space becomes available. You will be provided with a Resident Agreement, which outlines the services, fees, rights, and responsibilities. This legal document will need to be signed and returned before moving in.

We're here, every step of the way

At Respect, we know that choosing the right aged care home can be a daunting task. That's why our qualified and professional staff are experts in aged care and here to help guide and support you through the process. We can help with navigating assessment processes and the necessary paperwork and documentation to make your transition to residential aged care a breeze.

Contact our friendly Customer Relationship Consultant – Jacqui Brownlow on 0481 097 301.

About Respect

“We believe the elderly are individual people with rich histories and worthwhile lives and age does not diminish their value.”

As a proud not for profit organisation since 1922, Respect Aged Care serves older residents through our high standard of care and community. Our focus is on giving back to older adults by fostering communities of belonging. Headquartered on the northwest coast of Tasmania, our philosophy is: Everyone deserves the right to a life well-lived, with dignity and respect.

Our organisation is constantly growing, with many homes spanning three states, and thousands of residents and employees. We know what it takes to provide exceptional care to older Australians.

Our values are:

Respect: Treat all people with fairness and dignity.

Integrity: Be open, honest, and trustworthy.

Care: Look after and protect older people and each other.

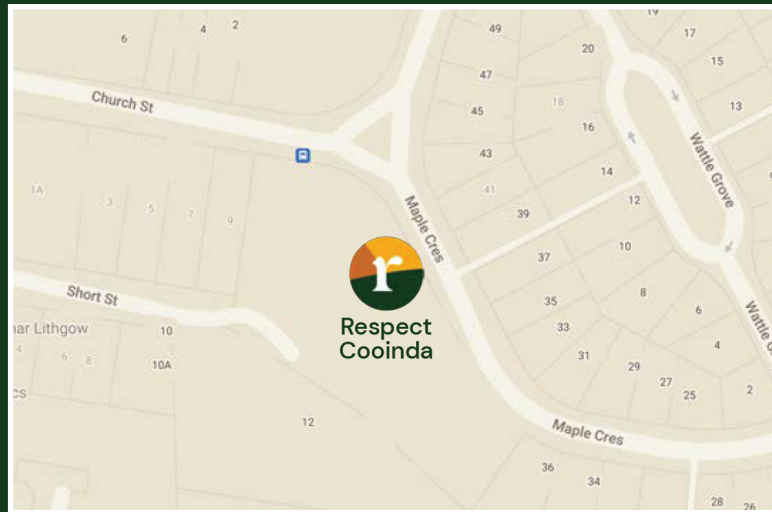
Innovation: Think differently to solve problems.

Teamwork: Encourage, cooperate, and build trust.

Excellence: Drive quality to continuously improve.

Courage: Do the right thing, even when it's difficult.

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Opening Hours
Monday – Friday
9 am – 5 pm

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