

Health Services

Helping Residents with Dementia

We have purchased new resources for the dementia unit, which provide mental stimulation and help maintain dexterity. They include a finger labyrinth, a sewing block, and beads and buttons for threading. Residents also enjoy jigsaw puzzles and a fishing game. And we have a series of large photographs titled 'Something to talk about'. On the back of each photo is a set of questions to guide reminiscence.

In the garden area of the Daffodil unit scented plants, such as lavender, rosemary and gardenias, are grown to stimulate the senses, and a raised garden planter has been built, in which are planted seasonal edible plants which the residents enjoy picking, tasting and caring for.

D. Steller
Bowral House

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Mural

Roger Robinson from Art Works was commissioned by Mona Vale House to design and paint a mural aiming to stimulate the residents, open up the area, disguise the doorway and bring some of the outside “northern beaches” into the home.

The design was taken from Mona Vale beach and the Frangipani & Hibiscus flowers are typical of the northern beaches and the colours are lovely. The artwork is not only visual but tactile and includes a flying seagull.

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Jacqui Enright
Mona Vale House

