



# Woburn Home

## Lower Hutt

### Day guests

Woburn Home's day programmes are popular with residents in the local community.

Designed specifically for people living in their own homes or with family, the programme gives you a chance to get out of the house and for your family, or usual carers, to take a break.

Attendees tell us they enjoy the opportunity to socialise, to keep active and to take part in the variety of fun and engaging activities while visiting us. The constantly changing social calendar includes activities such as:

- sight-seeing trips
- guest entertainers
- gentle exercise classes
- arts and craft
- cooking and baking
- games and puzzles
- themed parties.

These activity programmes operate most week days.

### The Woburn difference

At Enliven we believe in creating elder-centred communities and embrace an elder-directed model of care called the Eden Alternative.

That means at Woburn Home we take every opportunity to bring companionship, spontaneity, fun, meaning and purpose to your life. As well as providing high quality clinical care, we'll support you to continue doing the things you love in a way that's right for you.

A highlight for many residents is the social life. As well as enjoying the company of others at a similar stage of life, Woburn Home residents get involved in organising daily happenings and special events – making the most of the varied social calendar.

The involvement of family, friends and the community is also a big part of Woburn Home. Your grandchildren, family and friends are always welcome to visit. Even your pet may be able to move in with you if it gets on with others.

### Get in touch

Woburn Home offers a full range of rest home, hospital and dementia care services, short term respite, health recovery care and day programmes.

Accessing any of our services is easy. You can be referred by a doctor or Needs Assessment Agency, or you can call us directly.

#### Woburn Home

**Phone:** 04 569 6400

**Email:** woburn@psc.org.nz

**Visit:** 57 Wai-iti Crescent, Lower Hutt

**Fax:** 04 569 6451



**For more information**  
visit: [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)  
call: 0508 36 54 83

CARING  
ENABLING  
SUPPORTING





Enliven  
Central

## Introducing **Enliven Central**

Enliven Central provides a full range of services to support older people to maintain their independence and enjoy fulfilling lives. We can support you to thrive, not just survive!

The Enliven philosophy recognises that people need to maintain control over their lives, wherever they live and whatever their age. To support this we provide the following services throughout the lower North Island:

- warm, welcoming elder-directed rest homes, hospitals and dementia care
- short-term respite and health recovery care
- day programmes for older people living in their own homes or with family
- boutique retirement villages, including Woburn Retirement Apartments right next door to Woburn Home
- other health services, including a discreet continence product service and modified tai chi classes.



Your  
place

## Introducing **Woburn Home**

Woburn Home is hugely popular. Its relaxed and engaging atmosphere leaves you feeling warm and assured. This well-respected local icon is situated in sought-after Wai-iti Crescent, Lower Hutt.

Woburn Home offers a full range of positive ageing services, so if your needs change so too can the support we provide.

### **We offer:**

- rest home level care
- hospital level care
- specialist dementia care and support
- respite and health recovery care
- day programmes.

Staff at Woburn Home are not only highly trained, they're also caring, friendly and embrace our elder-directed philosophy of care. Our nurses are on duty 24 hours a day and our doctor visits at least twice a week. We also have a podiatrist, physiotherapist and hairdresser who visit regularly.



Your  
space

### **Your place. Your space.**

When people move to Woburn Home, they often ask us if they can bring along their own belongings. The answer: of course! After all, this is your home.

At Woburn Home you'll enjoy the community feel, shared lounges, entertaining areas and lovely gardens. But you'll also have your own private room. This is your space.

We can offer furnished rooms, but you're invited to make the space your own. You can bring along your own familiar belongings. Many residents bring along photos, artwork, ornaments, bed covers and even favourite pieces of furniture.

We're also able to offer some premium rooms. These rooms are larger with ensuite and kitchenette options.



Your  
choice

## Respite and health recovery

Enliven's Woburn Home welcomes people in need of short-term respite or health recovery care.

This may be when you're recovering after surgery or illness. Or, if you're living at home with family it may be a time when you both need a break.

During your stay with us you'll enjoy your own furnished room, as well as the shared lounges and gardens. If you like, you can really get involved in life at Woburn Home; you'll enjoy the company of the other residents and you're welcome to take part in the activities, social events and outings.

If you think you'd like to move to Woburn Home in the future, respite (like a good holiday) can be a good way of getting to know us before you move in.

Subsidies are often available from the district health board, or alternatively respite and health recovery care can be arranged directly with us and paid for privately.