

# Caring is at our heart

mecwacare

mecwacare

We are a caring, not-for-profit organisation that's been helping older Victorians for over 65 years. We provide experienced, quality support in residential aged care, respite stays, home care, community services, retirement living, affordable housing and disability services.

## Support at *Home*

E [intake@mecwacare.org.au](mailto:intake@mecwacare.org.au)

- Personalised support to help you remain independent and safely living at home.
- Trusted, reliable help with housework, maintenance, gardening, shopping, personal care, nursing and allied health.

## Retirement *Living*

E [retirementliving@mecwacare.org.au](mailto:retirementliving@mecwacare.org.au)

- Secure, independent living in a vibrant and welcoming community.
- Contemporary, low maintenance homes, shared spaces, social activities and support when needed.

## Residential Aged *Care*

E [admissions@mecwacare.org.au](mailto:admissions@mecwacare.org.au)

- Round-the-clock care from a dedicated and highly trained team.
- Tailored support that promotes independence, dignity and quality of life.
- Comfortable and homely facilities, chef prepared meals with engaging lifestyle programs.

## Affordable *Housing*

E [housing@mecwacare.org.au](mailto:housing@mecwacare.org.au)

- Housing designed to provide comfort, safety and independence for people with a low income who are over 65, or living with a disability.

## Disability *Services*

E [community@mecwacare.org.au](mailto:community@mecwacare.org.au)

- Life and social skills-based programs to empower individuals living with a disability achieve their life goals.
- Dedicated team of highly trained professionals focused on compassionate care.

## Community *Services*

E [community@mecwacare.org.au](mailto:community@mecwacare.org.au)

- Wide range of services, including social activities, support groups, exercise classes, arts, crafts, outings and carer assistance for wellbeing and community connection.

## Op *Shops*

- Pre-loved items at budget-friendly prices, from clothing and kitchenware to books and toys, every purchase helps fund vital community programs in aged care and disability services.

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15 HUNTER ROAD, TRARALGON

# O'Mara House

## Residential Aged Care



# A place to call *Home*

Just minutes from the tree-lined streets of Traralgon's city centre, mecwacare's O'Mara House offers homely and supportive care.

Light-filled rooms with garden views and private ensuites offer comfort and privacy. Relax in cosy lounges or catch up with loved ones and fellow residents in a welcoming setting.

Enjoy delicious, chef prepared meals in the spacious dining room or celebrate special moments in the private dining and sitting areas. From charming courtyards to inviting indoor spaces, every corner of O'Mara House is designed to feel like home.

Stop by the café to share a coffee and cake with friends or join in on one of our many lifestyle activities like dancing, music, cooking, gardening,

and exercise. We also celebrate birthdays, holidays and organise regular community outings.

With registered nurses on-site 24/7, you can rest easy knowing that high-quality care is always available. Plus, our ageing-in-place approach ensures that if care needs change, residents can continue receiving support without having to move elsewhere.

If you're looking for community-focused residential care, respite services, dementia support, or palliative care, O'Mara House could be the perfect home for you.

## Our residential aged care homes feature:

- ✓ Welcoming communities
- ✓ Experienced, caring and qualified staff
- ✓ Enjoyable lifestyle and activities programs
- ✓ Safe and comfortable environments
- ✓ Registered nurses, night and day
- ✓ Premium design and construction
- ✓ Quality fixtures and fittings
- ✓ Contemporary communal spaces



Photos for illustrative purposes only.

## *Living* your best life

We want residents to live life to the fullest. Through our signature lifestyle program, residents can take part in a broad range of recreational activities. Led by a committed team of caring and trained staff, lifestyle activities are based on individual passions and preferences.

From exercise groups, high tea, arts, crafts and music to train or tram rides, visits to the beach, cafés and movies there's something for everyone.

## MECWACARE O'MARA HOUSE

# 66

rooms

## FEATURES

- Beautiful rooms with private ensuites
- Private dining and lounge areas
- Large family dining room
- Café
- Exciting lifestyle program
- Non-denominational chapel
- Landscaped gardens and courtyards



*Book* a tour today!

Contact our friendly  
Admissions team:

Freecall 1800 163 292

E [admissions@mecwacare.org.au](mailto:admissions@mecwacare.org.au)