Adding Life to years and years to life.

FRED WARD GARDENS
Curtin, Canberra
“Life is what you make it. At RSL LifeCare, they truly understand that the services each senior requires are never exactly the same.”

You’re Welcome

Step into an RSL LifeCare community and you can’t help but feel at home.

We seek to make your experience warm and inviting, from our homelike exterior architecture, to our comfortable community areas and bedrooms to our exceptional outdoor gardens and landscaping. Look around and you’ll notice points of interest throughout the residence, and you may even spot some of our friendly pets. And of course, there are always the friendly smiling faces of our staff to ensure that each day spent here is a welcome one.

RSL LifeCare has been caring for and serving seniors since 1911. Founders William Wood and Stephen Stack started with a simple vision — to look after and give the best to war veterans who needed assistance. Today, we are open to all Australians and are one of the most experienced and innovative providers of senior living services in the world.

Life is what you make it. At RSL LifeCare, we believe no two people are alike and we understand that the services each senior requires are never exactly the same. We call this our person-centered approach to living. It begins with the senior and his or her needs. It results in choices—choices about day-to-day living, service and care options. In this way, we help maintain the independence and dignity of our residents and provide the best possible lifestyle and service options.
Fred Ward Gardens is a living community for 112 seniors who seek residential care (high care or low care). There is around-the-clock presence and influence of nurses and care assistants. Fred Ward Gardens is designed for people who need medical/rehabilitative and restorative care. The living spaces include wide halls, handrails and nurse centres. Residents live in single rooms with ensuites, and share community rooms for planned daily activities, socials and dining. Meals are prepared on individual dietary needs.

The type and amount of care a person receives is dependent on what is needed to maintain his or her "normal" lifestyle and includes assistance with basic activities of daily living (eating, bathing and grooming, toilet help, dressing, transport, etc) in which a resident may require help or supervision. Skilled Care is provided for those who need medical or nursing care or rehabilitative services for the rehabilitation of injured, disabled or sick persons.

All our residential aged care services provide assistance with daily activities. Specialist dementia care accommodation gives residents the best quality life in a safe and supportive environment. A personalised activities program is also available to all residents.

Betty moved into Fred Ward Gardens two years ago and is very happy. "The staff are wonderful, they cannot do enough for me, there is a friendly, happy community feel in our home and I enjoy living here. The activities on offer keep me busy and I look forward to meal times with my friends".
Our History

RSL LifeCare is a charitable organisation that was formed in 1911 to provide care and service to war veterans. Services were initially provided at Bare Island, Botany Bay, until moving to Narrabeen in 1939. From small beginnings providing care and service to just a handful of war veterans, the organisation has grown to be one of the largest senior living services in Australia.

Caring for 7,500 people across Retirement Living, Home Care, Assisted Living, Dementia and Nursing Homes, we have developed an extensive range of services that fosters independence and provides social, clinical, emotional and spiritual support.

Despite our growth and the passage of time, RSL LifeCare remains true to its original aim and mission – to provide a home of peace and security to senior Australians.

RSL LifeCare also provides in-home care and support services across NSW & the ACT. For more information call 1300 853 146 or visit rsllifecareathome.org.au

Lifestyle villages for the not-so-retiring and residential care (nursing homes) situated at:

- AUSTRAL, LIVERPOOL
- BALLINA
- BYRON BAY
- CANBERRA - CURTIN
- CANBERRA - LYNEHAM
- CANBERRA - PAGE
- CHERRYBROOK
- CONDOBOLIN
- DUBBO
- DUNGOG
- EDEN
- GALSTON
- GOONELLABAH
- GRIFFITH
- HAWKS NEST
- KANDOS
- LISMORE
- MERIMBULA
- NARRABEEN
- NARRANDERA
- NOWRA
- PENRITH
- PITON
- PORT MACQUARIE
- RICHMOND
- TEA GARDENS
- THIRLMERE
- TOUKLEY
- TURA BEACH
- WAGGA WAGGA
- YASS

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