

# MEDIA RELEASE

## For immediate release

From: Kasey McCulloch, Media Officer, Mercy Health

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## Valuing independence and nurturing relationships through Mercy Health's model of care

Mercy Health's model of care has been thoroughly researched and carefully designed to empower its residents to have the best day possible, every day.

Mercy Health, a national provider of health, aged and home and community care, is bringing its model of care to life with small community households. The aim is for residents to receive friendly and personalised care within small households supported by dedicated multi-skilled Care Companions.

Chief Executive Aged & Community Care Kevin Mercer said the small community households concept recognises that every person has individual preferences and abilities.

"Small community households encourage residents, their families and staff to work together to choose and enjoy meaningful daily activities, both within the home and outside it," Mr Mercer said.

"For example, if you have always loved cooking, you can help prepare the meals, serve the food and continue gardening —whatever brings purpose to your day."

The Care Companions have all received food preparation training and cook a diverse range of home style meals for their household.

Residents sit down with their Care Companion each week to help select the following week's menu and assist with cooking the meals if they want to.

"This model gives residents the freedom to access a domestic kitchen at any time of the day and more choice when it comes to meal selection," Mr Mercer explained.

"As a result, residents are reporting increased satisfaction with their meals."

The small community household model has been rolled out across two Mercy Health homes in Western Australia with residents experiencing fewer falls, significant weight gain and a reduction in the need for oral supplements.

Construction has also started on Mercy Place Ballarat in regional Victoria, which will be the first Mercy Health home to be purpose built around small community households.

You can view a Mercy Health small community household in action by visiting:  
[www.mercyhealth.com.au/rac/Pages/HouseholdLiving.aspx](http://www.mercyhealth.com.au/rac/Pages/HouseholdLiving.aspx)

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