

MEDIA RELEASE

For immediate release

From: Alex Berriman, on behalf of Mercy Health

Date: Wednesday 22 February 2016

Garden brings sensory experience for aged care residents

Residents living with dementia at Mercy Place Shepparton are being supported by a new sensory garden at the home, thanks to the generous contribution of local community groups and the Mercy Health Foundation.

The unique outdoor experience strives to stimulate all five senses – sight, sound, smell, taste and touch – and features outdoor musical instruments, textured garden furniture, bright colours and scents from an array of plants and flowers.

Mercy Health Group Chief Executive Officer, Adjunct Professor Stephen Cornelissen said the garden was a fantastic community achievement and will significantly benefit current and future residents at the home.

“Mercy Health is committed to providing the best and most innovative practices that increase the health and wellbeing outcomes for our residents,” Adj Prof Cornelissen said.

“We have sensory gardens in 10 of our aged care homes across Australia and they have all been embraced by staff, residents and their friends and families.”

The sensory garden at Mercy Place Shepparton was made possible by a \$5000 donation from the Shepparton Club, a \$6000 donation from the Shepparton Lions Club, a \$17,000 donation from the Mercy Health Foundation and is awaiting approval of a \$6000 grant from Lions Clubs Australia.

Mercy Place Shepparton Lifestyle Coordinator, Nicole Raditsas said the response from residents has been overwhelming.

“The sensory garden is a fantastic initiative and we’ve had many residents take an active role in planting flowers and being part of the garden’s development,” Ms Raditsas said.

“We’ve already seen the garden have a positive effect on residents – it promotes calmness and independence, helps with memory recall and can be very beneficial for their physical and emotional wellbeing.”

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