Cohuna District Hospital

Residential Aged Care

Information for prospective individuals

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Welcome

We are delighted that you are considering Cohuna District Hospital (CDH) Residential Aged Care for yourself or a loved one. Choosing a place to live is a deeply personal decision, and we are here to support you every step of the way.

Cohuna District Hospital Residential Aged Care is a public health service offering a warm and welcoming 16-bed facility. We provide both respite and permanent care in spacious single and double rooms, designed to ensure comfort, privacy, and dignity.

Individuals enjoy a variety of shared spaces for meals, activities, and relaxation. Indoors, you can spend time in our comfortable lounge and dining areas, or retreat to the quiet of your own room. For fresh air and sunshine, our secure courtyard offers a peaceful outdoor setting to unwind or connect with others.

If you have any questions after reading this booklet or would like to arrange a personal tour of our facility, we warmly invite you to contact us on 03 5456 5360

At Cohuna District Hospital Residential Aged Care, our qualified nursing and multidisciplinary team provide compassionate support for all levels of care—from low to high needs, including respite and permanent care. We are committed to a person-centred approach, meaning your care plan is developed in partnership with you and your family to reflect your individual preferences and health requirements.

Our modern, homelike facilities are designed for comfort, safety, and wellbeing. Whether enjoying the privacy of your own room or spending time in shared spaces, individuals are supported to live with dignity and independence.

Facility overview

Your care

Cohuna District Hospital Residential Aged Care is fully accredited to provide all levels of Individual care.

You can expect safe, high-quality, and effective care delivered by our team of qualified nurses and personal care staff—available 24 hours a day, seven days a week. Our goal is to support your independence, comfort, and wellbeing at every stage.

Your dedicated care team will work in close partnership with you, your family, and other health professionals to ensure your care plan reflects your individual needs and preferences. We are committed to continuous improvement, and our staff undertake regular training and annual mandatory education to uphold the highest standards of care.

Medical care

Individuals at Cohuna District Hospital Residential Aged Care receive regular visits from local medical practitioners from Ochre Health Clinic. You are welcome to continue seeing your preferred doctor, and if you become unwell outside of scheduled visits, we can arrange for a doctor to attend to you.

Individuals at Cohuna District Hospital Residential Aged Care are responsible for their own medical expenses, including ambulance transport. While many healthcare costs are covered by Medicare, we strongly encourage residents to consider joining Ambulance Victoria to ensure coverage for any additional costs not included under Medicare or private health insurance.

This helps provide peace of mind and ensures timely access to emergency transport when needed.

Admission requirements

To access residential aged care, you are required to complete an eligibility assessment with the Aged Care Assessment Service (ACAS). This will specify the type of care approved and assist us to understand how we can best support your care needs. Further information can be obtained from My Aged care on 1800 200 422 or visit myagedcare.gov.au

Respite care

Respite care (or short-term care), is available for people with who have been approved for respite care by the Aged Care Assessment Team who provide your Aged Care Client Record (ACCR)/ Support Plan. This approval will be found on your ACCR/ Support Plan. Respite is sometimes available at short notice; however, we advise you to book in advance wherever possible by calling 03 5456 5360.

Medication Management

Our home follows the latest best practice guidelines to ensure all medications are managed safely and accurately. This means:

- Medicines are given at the right time and in the correct dose.
- Qualified staff record and check medications carefully.
- Your doctor and care team review your medicines regularly.
- You are encouraged to ask questions and be involved in decisions about your medication.

To support this process Terry White Chemmart Pharmacy safely prepares and packs all medication doses for the residents. This helps ensure accuracy, consistency, and quality in every dose you receive.

*There is a small cost involved via the regular Pharmacy invoice.

Other services

Hairdresser

A hairdresser visits regularly, Individuals may also choose their preferred hairdresser offsite. Individuals are responsible for the cost of their hairdressing services.

Allied Health

Allied health services include dietetics, physiotherapy, occupational therapy, podiatry, speech pathology, audiometry, optometry and dentistry.

Transport

CDH offers a bus to support resident outings and engagement in our activities.

Feedback

At Cohuna District Hospital Residential Aged Care, we value your thoughts and suggestions. Feedback helps us understand what we're doing well and where we can improve, ensuring the best possible experience for individuals and their families.

There are several ways you can share your feedback:

- Attend our Individuals and Family Meetings
- Speak directly with a member of our care team
- Complete a Feedback Form available at the facility
- Scan QR code for Care Opinion

Your voice matters—and we're here to listen.

Want to know more?

Please contact us for further information and to arrange a tour. Would be our pleasure to show you around our facility, call 03 5456 5360

To find out about the cost of entering aged care you can visit the CDH website

www.cdh.vic.gov.au

Whistleblower Protections

Under the Aged Care Act 2024 (new Act), anyone can make a whistleblower disclosure. You can make a disclosure anonymously. Whistleblowers play an important role in identifying and calling out misconduct. The new Act will do more to protect whistleblowers than ever before.

Innovations

Aged care development

Cohuna District Hospital (CDH) is proud to announce the successful completion of its $41.10 million redevelopment, funded by the Victorian Labor Government. This innovative project has delivered a modern, co-located acute and residential aged care facility designed to support a forward-thinking model of care.

The new environment enhances the aged care experience and strengthens connections between residents, patients, and the wider community. It provides a more inclusive, engaging, and person-centred setting—one that upholds dignity, independence, and a strong sense of belonging.

Construction was completed in March 2026.

Activities

At CDH we offer a welcoming, homelike environment where residents feel a strong sense of belonging**.** Our spaces are friendly, safe, and fun, creating a relaxed atmosphere that supports wellbeing and connection.

Our Leisure Lifestyle Wellness Coordinator alongside dedicated volunteers supports, residents to live as independently as possible and continue doing the things they love. Activities are planned around each resident's interests and hobbies, helping maintain routines and passions from before moving into care.

We understand that transitioning into residential aged care can be challenging for both individuals and families, and we strive to make this move as smooth and comfortable as possible.

Relatives and friends are invited to meetings or to join The Partnering with Consumer advisory committee to share ideas and feedback, and our bi-monthly newsletter keeps everyone updated on recent activities and events.

Our diverse activities program is designed to cater to a wide range of interests and abilities, ensuring there's something enjoyable for everyone. Some of the services offered include:

- Library services
- Bingo
- Exercises
- Current Affairs discussions
- Music
- Coffee club
- Happy hour
- Bus outings
- Newspaper readings
- Entertainers
- Active games
- Quizzes
- Companion visits

WIFI is available throughout the facility.

Meals

Resident Meals

At CDH Residential Aged Care, all meals—including morning and afternoon tea—are planned in consultation with an Accredited Practising Dietitian and Speech Pathologist to ensure they meet nutritional and individual needs.

We offer multiple options at every meal, with regular menu rotations and ongoing input from individuals. Special dietary requirements such as diabetic-friendly or gluten-free options, as well as cultural preferences, are thoughtfully catered for.

Meals are prepared fresh daily in our on-site kitchen using seasonal produce, and bread is delivered fresh from our local bakery. Individuals choose from a variety of menu items, including themed meals and seasonal favourites like garden barbeques during the warmer months.

Families are always welcome to join us for a meal, please organise in advance and a small fee is charged.

Pricing

The costs of residential aged care are made up of several components. Depending on your individual circumstances, you may be asked to contribute to one or more of the following:

Care review

This is a standard fee that everyone pays to help cover daily living costs such as meals, cleaning, and laundry. It is set by the Department of Health and Aged Care and reviewed twice a year.

Means-Tested Care Fee

This fee is determined by an income and assets assessment conducted by Services Australia. It contributes to the cost of your personal and clinical care.

Although this fee is collected by the aged care home it is paid to the government as a contribution towards the care you receive

Refundable Accommodation Deposit

This covers the cost of your room and amenities. Depending on your financial situation, the government may subsidise part or all of this cost.

This is a lump sum payment for accommodation, which is fully refundable when you leave the facility.

To find out about the fees of entering aged care you can visit the CDH website

www.cdh.vic.gov.au

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info@cdh.vic.gov.au

Contacts

General enquires

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Aged Care Facility

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Hospital

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Website

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Office hours

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