

# Sargood on Collaroy – Information for Participants

## What is Sargood on Collaroy?

Sargood on Collaroy is the most accessible beachside health and wellness resort in Australia, purpose built for people living with a spinal cord injury.

Located at the southern end of Collaroy Beach, it takes in the view of the beach, distant headlands and ocean.

It features 17 self-contained suites with height-adjustable kitchenettes, discreet hoists and specialised equipment. There's a range of rooms, including studios and family suites.

Sargood on Collaroy provides a unique experience with a specialised gym onsite, activities at the resort, access to the local community and all with individual support. Guests will have opportunities for personal growth, to learn new skills and to gain confidence to have a full and rewarding life.

## Is Sargood on Collaroy for me?

You might want to book your stay to explore new vocational or recreational opportunities, build your independence, attend a course or special event or for a break from routine and/or to make future plans. Please have a look at the Sargood on Collaroy website [www.sargoodoncollaroy.com.au](http://www.sargoodoncollaroy.com.au) and discuss with your family, case manager, coordinator or the Sargood on Collaroy staff to make sure to get the most from your stay.

Sargood on Collaroy accommodates guests of all ages, although people under the age of 18 must be accompanied by an adult.

When thinking about your stay, also consider the courses and events which may interest you. The range of courses and events through the year will showcase the latest in health, recreation, technology and innovation for people with a spinal cord injury. Courses and events may also be available for day visitors.

The Collaroy area has shops, restaurants and a cinema. Many of the businesses and public facilities near Collaroy Beach are wheelchair accessible and the Sargood on Collaroy website [www.sargoodoncollaroy.com.au](http://www.sargoodoncollaroy.com.au) has an interactive map that shows you what is accessible.

## Is attendant care provided?

Sargood on Collaroy has its own staff to provide your attendant care. Your specific needs will be discussed with the manager when you make your booking. Please remember to give reasonable notice to your usual attendant care provider for the time you are away and when you'll return home.

## Can my support workers come too?

In some circumstances, your support workers may accompany you and stay near Sargood on Collaroy. Please call your usual icare contact to discuss your individual needs before contacting Sargood on Collaroy to arrange your stay.

## Will icare fund my visit to Sargood on Collaroy?

Yes. We have special package arrangements for you which include a deluxe room and access to a range of services. You can ask for a visit through your case manager or coordinator. You can also ask for it to be included in your My Plan. You'll need to provide a simple explanation of what you hope to achieve during your stay. You'll be able to stay for up to 28 days per year and participate in a range of activities of your choice (both are dependent on availability and length of stay).

Please note you'll need to cover the cost of all meals and incidentals. There may be some activities, courses and events where the cost is not covered by the icare package. Please see the inclusions and exclusions listed at the end of this information sheet. This list is subject to change. Each time you make a booking, check with the Sargood on Collaroy staff whether your choices and needs can be met under the standard icare package.

## How do I book?

We'll give you an approval code that we can use when you make your booking on the Sargood on Collaroy website.

## Will icare fund my travel to and from Sargood on Collaroy?

If your stay at Sargood on Collaroy is part of your plan or approved service, we'll also fund travel costs.

## Who liaises with Sargood on Collaroy about handover from usual therapists?

The Sargood on Collaroy team will discuss your support needs with you when your stay is being organised. With your approval, the team will also talk with your case manager, attendant care coordinator or therapists, to make sure your support needs are met during your stay.

## Who do I speak with for more information?

For more information about Sargood on Collaroy, you can speak with a helpful member of their team. For more information on what we might be able to fund, please contact your coordinator.

You can also explore the full range of services and facilities offered by visiting their website: [www.sargoodoncollaroy.com](http://www.sargoodoncollaroy.com)

## Sargood on Collaroy contacts

Email: [qnquiries@sargoodoncollaroy.com.au](mailto:qnquiries@sargoodoncollaroy.com.au)

Ph: 02 8597 0600

Address: 1 Brissenden Ave, Collaroy NSW 2097

[www.sargoodoncollaroy.com](http://www.sargoodoncollaroy.com)

## The Sargood story

Over the past several years, icare has been a major partner in a not-for-profit three-way partnership between us, the Sargood Foundation (formed by the local residents of Collaroy) and a private benefactor. icare acquired an old hospital site at Collaroy Beach and the partnership grew out of the local community's desire to see the site used for people living with a spinal cord injury. This partnership is known as the Sargood Centre. The Sargood Centre has built a short-stay facility at Collaroy with every element of design specifically considered for people living with a spinal cord injury.

Royal Rehab has been engaged by the Sargood Centre to operate the facility. They're calling the facility Sargood on Collaroy. Royal Rehab has carried out extensive planning, as well as market research with people living with a spinal cord injury. Sargood on Collaroy is promoted as a purpose-built wheelchair-accessible resort. However, Sargood on Collaroy is much more than a resort. It also offers services and programs that promote independence which are closely aligned with the objectives of icare.

## Sargood on Collaroy inclusions/exclusions, March 2019

### The inclusions on this list may change from time to time.

Each time you make a booking, check with the Sargood on Collaroy staff whether your choices and needs are covered by the standard icare package.

### Accommodation

- Deluxe room included, maximum of 4 people (includes 2 people in a queen-size foldout bed).
- Cost for more than 4 people, a family suite or an ocean view room are not included (icare may consider approving the additional cost of a 2-room family suite or an adjacent deluxe studio room in some circumstances - speak with your case manager or coordinator).

### Attendant Care

- Up to 6 hours of attendant care across a 24 hour period is included. (Talk to your case manager or coordinator if additional hours are necessary to meet your needs, as a separate approval may be required).

### Transport during your stay

- Transport related to group activities or recreation therapy sessions organised by Sargood on Collaroy is usually included. Discuss this with Sargood on Collaroy when organising your stay. Other transport is not included.

### Food

- Not included. Guests are responsible for the costs of their food, including food prepared in therapy sessions, on-line food orders and purchase and collection of take-away food.

### Medication

- Not included. You'll need to bring all your usual prescribed medication with you in a blister pack. Sargood on Collaroy staff can assist you with taking this medication under your (or your family member's) direction.

### Continence products

- Not included. However, you can pre-order your usual continence supplies to be delivered directly to

Sargood on Collaroy and they will make sure they are unpacked for arrival.

## Recreational activities and equipment

- Participation in the Weekly Activity Program is included. This program is seasonal and may include activities such as fishing, cycling, surfing, kayaking, golf, swimming & beach access.
- Tickets and sporting club fees and the hiring of any other equipment or third party services are not included.

## Therapy

- Occupational therapy, recreational therapy, exercise physiology, clinical nurse education, clinical nursing and In-Voc (vocational assistance for those looking to return to study or work) are included, subject to availability and length of stay.
- Other services available at Sargood are not included, such as: remedial massage, osteopathy, chiropractic, skin and beauty and hair dressing

## Conferences and courses

- If you're only attending Sargood for a conference or course, the therapy listed above is not included.
- Additional costs of some courses and events may not be covered within the standard icare package. Check with the Sargood on Collaroy staff when booking or registering for course and events.

## Sargood's accommodation cancellation policy

- There is no penalty where you give more than 48 hours' notice of cancellation of your

icare Lifetime Care

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