



**Cashmere Home  
& Cashmere  
Heights Home**

**JOHNSONVILLE**



# Enliven aims to create age-friendly communities where people are happy and thrive, regardless of their age or ability.



**As well as providing practical day-to-day support and quality clinical care, we take into account the physical, social, emotional and cultural needs of each person we support.**

## **Enliven services include:**

- boutique retirement villages
- vibrant and welcoming rest homes
- specialist hospital and dementia care
- engaging day programmes
- short-term respite and health recovery care
- a discreet continence product service
- health support, such as modified Tai Chi classes
- [ShopEnliven.org.nz](http://ShopEnliven.org.nz) – products for over 65s.





## Cashmere at Johnsonville

Enliven's Cashmere homes are special. These two sister sites are located a short distance from one another on Helston Road, overlooking the Johnsonville township. While the homes sit on two sites, they share a relaxed and engaging atmosphere that will leave you feeling warm and assured.

The residents at Cashmere are encouraged to be actively involved in their local community, visitors are warmly welcomed and schools and community groups play a big part of life here.

Cashmere Heights Home provides rest home level care, while sister site Cashmere Home provides mainly hospital-level care. Short-term respite, health recovery care and day support options are also offered (subject to availability).





## Your place. Your space.

**When people move to Cashmere, they often ask us if they can bring along their own belongings. The answer: yes! After all, this is your home.**

We encourage residents to bring along the familiar things that make them feel comfortable (even your cat can come!). Many residents bring items such as photographs, artwork, ornaments, bed covers and even favourite pieces of furniture.

Like any home, at Cashmere Home and Cashmere Heights Home there are great shared social spaces, including lounges, gardens and courtyards. Residents and their families use these spaces whenever they like, to socialise, do activities and host visitors.



## A life worth living; the Cashmere difference

Both Cashmere Home and Cashmere Heights Home embrace Enliven's philosophy of care which is based on the internationally recognised Eden Alternative. That means the foundations of caring, enabling and supporting underpin all we do. We recognise people need to maintain control over their lives, wherever they live and whatever their age.

A key focus of the Enliven philosophy is getting to know each elder. We acknowledge each resident's skills, experience, achievements and talents. We support residents to maintain the routines, language, and cultural and spiritual practices that are important to them. A highlight for many residents at Cashmere is the social life. We'll support you to keep up with your hobbies, interests and passions. After all, that's what adds life to life!

**That's why we're committed to individualised support that puts you at the centre, and in control.**



# Get in touch

For more information on our services

**Visit:** [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

**Free call:** 0508 ENLIVEN (that's 0508 36 54 83)

## Cashmere Home

51 Helston Road, Johnsonville

Phone: 04 477 7067

Email: [cashmere@psc.org.nz](mailto:cashmere@psc.org.nz)

## Cashmere Heights Home

16 Helston Road, Johnsonville

Phone: 04 477 9051

Email: [cashmereheights@psc.org.nz](mailto:cashmereheights@psc.org.nz)



Cashmere Home



Cashmere Heights Home

Or visit:

[www.facebook.com/EnlivenCentralNZ](https://www.facebook.com/EnlivenCentralNZ)

