



## Living and remembering life

We have an understanding of how difficult and devastating it is for a family to find out their child has a life-limiting condition and the reality that diagnosis brings. Our goal is to support families through every stage of their child's condition as it progresses. What's most important at Bear Cottage is that every child and family enjoys the time they have together to the fullest, creating precious and lasting memories to be treasured.

### To help families through this challenging time we can:

- 🐾 provide regular booked respite alleviating some of the pressure that around-the-clock care can bring.
- 🐾 develop rapport and provide support for families as the child's condition progresses.
- 🐾 provide end-of-life care according to each family's needs and spiritual and cultural beliefs.
- 🐾 facilitate ongoing bereavement care through our 'Footprints in the Sand' program and provide referrals for counselling.

## We're right beside the seaside

Bear Cottage is the only children's hospice in NSW.

Just a stone's throw from Manly beach, families have easy access to one of Sydney's most popular tourist destinations.

A child can be referred by anyone provided they meet our admission criteria. Families do not pay when they stay with us. Our assistance, comfort and support are given freely to any family who needs it.



## Answers to common questions



### When did Bear Cottage open?

We opened on 17 March 2001.

### How many children can stay at Bear Cottage?

We can care for six to eight children and their families at any one time.

### How long can a child stay at Bear Cottage?

Families can receive up to four weeks booked respite per year dependent on availability however there is no limit on end-of-life care.

### Where can families come from?

We accept referrals for all eligible children regardless of geographic location or where they receive their primary care.

### How much does it cost to stay at Bear Cottage?

Nothing. Families do not pay for any of the services they receive while staying with us.

### How can a child be referred to Bear Cottage?

Referrals can be made at any time by contacting our Clinical Nurse Specialist on **(02) 9976 8311**. For emergency admissions please contact the Nursing Unit Manager on **(02) 9976 8301**.

### How can I help or support Bear Cottage?

Bear Cottage was established with donated funds. While we have recently started receiving some government funding, we continue to rely on donated funds to provide the programs that make Bear Cottage unique. If you would like more information on how to get involved, please visit [bearcottage.org.au](http://bearcottage.org.au)

### Does Bear Cottage cater for families with diverse cultures and religions?

Families of all backgrounds and beliefs are warmly welcomed at Bear Cottage. We will do our very best to accommodate all your cultural needs and preferences. You are welcome to contact us to discuss your needs prior to your visit.

### Contact details

Bear Cottage  
2 Fairy Bower Road Manly NSW 2095  
Phone: (02) 9976 8300 Fax: (02) 9976 8303  
[bearcottage.org.au](http://bearcottage.org.au)



The Sydney children's Hospitals Network

care, advocacy, research, education



Bear Cottage Children's Hospice

Where life  
is for living



## Welcome to a very special place

Bear Cottage is a children's hospice – a very special place that is dedicated to caring for children with life-limiting conditions and their families. At Bear Cottage we believe that life, however brief, should be enriched, enjoyed and celebrated. Ours is a home full of special moments and cherished memories. Here, life is for living.

## A haven of care, comfort and respite

Families who care for a child with a life-limiting condition often do so around-the-clock for many years. We understand that this can be incredibly isolating and impacts greatly on the emotional, financial and physical wellbeing of the whole family. Time spent with us at Bear Cottage can alleviate some of these challenges.

Parents and siblings are welcome to stay with their child in our home-like environment. Alternatively, children can be left unaccompanied so that parents and carers can take a much needed break. A stay at Bear Cottage is exactly what each family needs it to be.

### Our facilities include:

- 🐾 Individual children's rooms
- 🐾 Family suites
- 🐾 Multi-sensory room
- 🐾 Sensory garden
- 🐾 Beautiful gardens with ocean views
- 🐾 Spa
- 🐾 Multimedia/games room
- 🐾 Wheelchair accessible play areas
- 🐾 Parents retreat and quiet area
- 🐾 Commercial kitchen and dining room
- 🐾 'Clifton Gardens' – our end-of-life room

## Purpose-built for fun

Bear Cottage has been specifically designed to create a home-like environment for children and families. Our facilities are state-of-the-art and care is delivered in a way that allows the children and families to relax.

While at Bear Cottage, children and their family can participate freely in whatever activities are most appropriate for them, their age and condition.

Free from the pressure of providing constant care, families can spend quality time with their child while also connecting with other families at Bear Cottage who are experiencing similar challenges. This can help to form lasting friendships and emotional connections between families.

### Our support includes:

- 🐾 Regular booked respite
- 🐾 Emergency respite
- 🐾 Pain and symptom management
- 🐾 End-of-life care
- 🐾 Play, music and art therapy
- 🐾 Specialised camps and activities for children, siblings and parents
- 🐾 Ongoing bereavement support
- 🐾 Physiotherapy



## Ours is one big family

The one thing that makes Bear Cottage truly special is not our facilities or programs – it's our caring team. While staying with us, children receive the best 24-hour medical and psychosocial care delivered by an expert interdisciplinary team. Our team of play, music and art therapists develop specific programs for each child based on their abilities, age and condition. The daily tasks, like cooking and cleaning are attended to by our chefs and housekeepers who are supported by a dedicated team of caring volunteers. This leaves families to do as much, or as little, as they like.

### Our dedicated staff includes:

- 🐾 Nursing unit manager
- 🐾 Palliative care staff specialist
- 🐾 Experienced paediatric palliative care nursing staff
- 🐾 On-call GPs
- 🐾 Social worker
- 🐾 Child life play therapists
- 🐾 Music therapist
- 🐾 Art therapist
- 🐾 Chefs
- 🐾 Housekeepers
- 🐾 Administration staff

