





*It feels like home*

Craig has lived at Sunnyside House for just over a year, but the sense of belonging was immediate.

Originally from Perth, Craig spent most of his working life in Melbourne, building a career in sales and marketing within the paper industry. Always active and busy, he also spent time working in hospitality and retail, and enjoyed being constantly on the go.

After retiring, Craig moved to Colac. It was there that he began noticing the early signs of Parkinson's disease.

"My doctor suggested I had a very mild case of Parkinson's," Craig explains. "I was still driving and walking, but I knew things were changing."

Thinking ahead, Craig began looking for somewhere he could feel safe and supported as his health needs evolved.

"The best place for me to be was somewhere with staff available 24 hours a day," he says.

After visiting a few aged care homes in the region, Craig came to Sunnyside House in Camperdown.

"I came to have a look and I was sold."

What stood out most was the sense of space and comfort. Unlike many facilities, Craig's accommodation includes both a bedroom and a separate sitting room. "That was a big selling point for me," he says.

But more than the physical space, it was the atmosphere that convinced him. "It's hard to explain — it just feels like home."

Craig says the people at Sunnyside make the difference. "The staff are very good. They're friendly, helpful and always willing to lend a hand. When you know your health is going to change over time, having people around who care really matters."

While Parkinson's has changed aspects of Craig's daily life, he keeps busy in his own way — reading, listening to music on his sound system and enjoying conversations with other residents.

"There's always someone to talk to," he says. Craig also believes improvements to shared spaces, such as the lounge room, will make a meaningful difference for residents. "A lounge room should feel warm and welcoming, somewhere people want to spend time," he says. "Small changes can make a big difference to how comfortable people feel."

Now 75, Craig knows life may continue to present challenges. But he remains positive and keen to contribute where he can. "If I can help in some small way, I'm happy to do that," he says.

For Craig, Sunnyside House is more than a place to live — it's a community.



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**75TH ANNIVERSARY APPEAL**