

Your *guide* to Retirement Living

Explore Retirement Living, care and support options





Your life, your way

It's no secret that everyone's unique, and that means different strokes for different folks. So, it makes sense that there's no one-size-fits-all retirement community. That's why they come in all shapes and sizes, with diverse facilities, activities, homes and support services.

Having variety and choice in a retirement lifestyle is empowering, but sometimes overwhelming.

From independent and active lifestyle communities, to high-level care environments with round-the-clock support, there's a lot to get your head around.

Knowledge is power and key to deciding what community, home and support system best suits.

So, let's walk you through what's on offer.

Living options explained

Independent Living

Just like living in your own home

Independent Living, as its name suggests, lets vibrant seniors enjoy retirement on their terms. Whether that's making the most of village facilities and activities, locking up and leaving for a weekend away, or relaxing in the comfort of their own home, Independent Living affords residents complete independence, with the added benefits of a rich community lifestyle and the freedom to leave property maintenance in the past.



OPTIONAL CARE

When to consider Independent Living

Perfect for those looking to downsize from their family home, to pursue a relaxed, comfortable, healthy and social lifestyle, without the pressure of property upkeep, and optional support on hand when they need it.

Assisted Living / Serviced Apartments

An extra helping hand

A step up from Independent Living, Assisted Living offers people an extra helping hand, so they can leave life's chores behind and focus on doing the things they love. Assisted Living services often includes meals and house-keeping services, as well as property maintenance creating safe and secure living spaces.



LOW-MED CARE

When to consider Assisted Living

Ideal for those looking for a self-contained home and low maintenance lifestyle, with help on hand to lighten the load. With meals and house-keeping services like cleaning and linen provided if required you'll have more time for the things you love.

Residential Aged Care

A supported life

Residential Aged Care is for those who need even more support; for older Australians with high care needs, who require help with the day-to-day. Facilitating round-the-clock domestic, personal, medical and social support, Residential Aged Care facilities are designed to assist people in a caring community, focused on their health and wellbeing, interests and choices.











HIGH CARE

When to consider Residential Aged Care

Residential Aged Care is a high-level care environment for seniors with more intensive support needs, for whom living an independent life at home is no longer an option. Prospective residents may experience increased difficulty with self-care, decreased mobility, regular confusion and disorientation, or be at risk of falls or personal harm. Residential Aged Care delivers a high support lifestyle, facilitating increased independence.

Planning for the future

There's a lot of options to choose from when it comes to Retirement Living and Aged Care. At times it can be difficult to know what's right for you. Here's an overview of the key differences for you to quickly compare.

	Aveo can provide		
	Independent living	Assisted Living	Residential Aged Care*
 Level of Care	 OPTIONAL CARE	 LOW-MED CARE	 HIGH CARE
 Property Type	1, 2 or 3 bedroom apartments, units and villas	Studio, 1 or 2 bedroom units or apartments	Rooms with en-suite or shared bathroom
 Property Features	Your own home, with everything you expect to live comfortably and independently	Your own smaller home, some with kitchenette only	Suites range in size and inclusions such as small living areas and kitchenettes
 Dining Options	Cook at home, entertain friends and family or dine out	Meals are generally provided, with options to prepare light meals in your home	Nutritious, chef-prepared meals served daily in-room or in the on-site dining room
 Support Services	Emergency call system Property maintenance and grounds upkeep Visiting support services and allied health	Emergency call system Property maintenance and grounds upkeep, plus increased personal and domestic services such as meals and cleaning available	Emergency call system 24/7 Registered Nurse on-site & care and support team All domestic and personal services including meals and cleaning

*Aveo does not provide options for Aged Care however can recommend aged care operators.

Options for short-stay care



Respite*

A temporary home away from home

Respite care is a valuable family support service, giving ageing Australians and their carers a short break to provide rest, recuperation and life balance.

A home away from home for those with care needs, respite gives guests a positive, short-term out-of-home care experience, following illness or injury, while carers take a break, or consider long-term care options. Available in some Assisted Living and Residential Aged Care communities.

*Aveo does not offer respite as a service.



When to consider short-term care

For those in need of a short-term care service offered by experienced healthcare professionals, respite offers a flexible option to support families.

- A little extra care and support before returning home following hospital discharge
- A safe, secure and supported environment after accidents or incidents at home
- A place to call home while caregivers or family members take a holiday
- A trusted place to stay while caregivers take some time to rest and recharge
- Prospective residents can try before they buy with a short-term stay

*For whole
family health
& wellness*



Options for care at home



Home Care services

They say home is where the heart is, and home care gives ageing Australians the opportunity to stay there for longer. Whether in a family home or in independent or assisted living accommodation, in-home care supports seniors in living independently in their own homes for as long as possible.

From cleaning and gardening to shopping and showering, professional carers assist with the tasks people find difficult and keep them connected with their interests and wishes.

When to consider help around the home

For those who've experienced changes in health, mobility and/or confidence, personalised in-home care can lighten the load day-to-day, with everything from transport and social support, through to personal care and allied health services. Often funded by government Home Care Packages, home care is designed to provide an accessible solution to the care and support needs of ageing Australians to live at home. Some prompts may be:

- Changes to mobility
- Health changes that impact the day to day
- Increasing forgetfulness or confusion
- Increased feelings of loneliness or sadness
- Requirement for extra support
- Increased use of emergency call bell
- Loss of driver's licence
- Passing of a partner
- Advice from a healthcare professional



Did you know? Aveo is an approved provider of home care services.

Care to talk about what living and care options might be right for you?

Talk to our friendly team today.

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