CHAPTER magazine

SPRING 2026



THRILL SEEKERS

Why day trips for Bayview Gardens residents are anything but average

Plus

A LIFE OF ACTION
The active seniors hitting the road

AGELESS LIVING
The ways families are embracing integenerational living

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A note from Tony Randello, Aveo's Chief Executive Officer

The stories of connection, choice and adventure throughout this issue of Chapter have a way of stopping you in your tracks. These are stories about people who are completely rewriting what it means to get older.

Earlier this year, I went white water rafting with residents from Bayview Gardens. One of a series of adventures they'd taken together, alongside skydiving and go-karting, that challenges every assumption people make about ageing. I can tell you from personal experience: they didn't need any encouragement from me.

I came home feeling inspired. That feeling never really left, and I found that same spirit throughout this issue.

The residents who lock their door and head out to climb mountains, conquer the open road or travel the world. The friends who've somehow ended up as neighbours three times in 60 years and are doing it again. The families who chose to live in the same community, not because they had to, but because they wanted to. The communities in Victoria gathering around new cafes, where good coffee and good company have a way of turning into something more.

And good communities don't just happen. They're built by people who care. Pan and Jane, Aveo's Nurse and Hospitality Employee of the Year award winners, are two of those people. Reading about them reminded me of something I see every day across Aveo: a genuine commitment to making every resident feel heard, respected and supported.

And then there's the Resident Artwork Calendar. Which, if you haven't seen it, you should.

What I keep coming back to after all of these stories is this: residents aren't slowing down. They're choosing to thrive, choosing who to be with, where to go, and how to live. On their own terms.

These stories will stay with me. I hope they stay with you, too. •

Tony

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NRS

The benefits of *living dangerously*

Meet the seniors from Bayview Gardens Retirement Living determined to prove that age is no barrier to awesomeness.

When retirees Jill and Garry Leyshon signed up for a village excursion recently, they expected a nice day out. What they didn't expect was national stardom.

The spirited group are the latest faces of a growing movement of "thrill-seeking retirees" after images of their recent exploits reached audiences across the nation. The couple was part of a 12-strong contingent from Bayview Gardens Retirement Living that traded lawn bowls for high-velocity adrenaline, tackling everything from indoor skydiving to whitewater rafting.

Aged between 70 and 87, the squad initially set their sights on jumping out of a plane, but thanks to some work health and safety hurdles, they eventually diverted to an iFly indoor wind tunnel instead.

Not content with conquering the air, the group, joined by Aveo CEO Tony Randello, later headed to the Penrith Whitewater Stadium. There, they donned lifejackets and navigated the rapids, proving that age is no barrier to entry for extreme sports.

A bigger movement

This recent summer of adrenaline is part of a broader cultural shift within the community.

In recent months, the group has also ridden camels through their village and shared the residents' bar with a herd of Clydesdale horses.

One of the many recent highlights saw the group embrace a 'Drive to Survive' philosophy, adding motorised go-karting to their list of achievements.

Taking to the track at Sydney's Eastern Creek, the group guided the petrol-powered karts to top speeds of around 55 kilometres an hour.

Abseiling is next on their list.

The driving force behind the initiative is Community Manager Melinda Akehurst. Inspired by longevity expert Marcus Pearce's presentation at the Retirement Living Summit, Melinda has made it her mission to challenge the "fragile" stereotype of the elderly.

"Marcus said, 'It's never too early to start but always too early to stop,' that has really stuck with me," Melinda says. "We really try to think outside the box with our activities. We always put the question to our residents as to what they want to do, and if we can, we implement those wishes."

Great motivation

For the residents, these activities are less a hobby and more a protest against the media's often limited portrayal of ageing.

Living independently and actively, the group relishes the opportunity to prove that life doesn't narrow upon moving into a retirement community.

"It's about transforming their ideas into reality," Melinda explains. "Your life doesn't end when you move into a retirement village, and they set the example that you have to challenge yourself and keep moving, no matter your age."



Above: Navigating the rapids at Penrith Whitewater Stadium.

The transition from the village bus to the skydiving tunnel wasn't without its nerves. Melinda recalls a wave of "anxious laughter" as the group suited up in flight gear.

"It's because we looked so ridiculous," she says. "The youngest was 70 and profoundly deaf, and the eldest was 87. We actually made the 87-year-old go first to set the standard. By the second turn, you could see the confidence surge."

Melinda says from a safety point of view residents were required to complete a safety form prior to commencing, with only those with neck or heart issues prevented from participating.

Viral sensations

The group's exploits caught the attention of Network Ten and Channel Seven, which have both broadcast the community's journey to a national audience. Some social media clips have since gone viral, garnering praise from families and strangers alike.

"I think the families of these residents who have done the activities are really proud of their parents and love these crazy things we come up with.

"I was actually up the coast at a surf carnival recently and got talking to another official who was telling me about her parents living in a retirement village. She told me she saw a great video of Aveo with residents skydiving and whitewater rafting and wished they lived in that village. She was very surprised when I told her that that was my village."

Momentum for the next challenge

For Garry Leyshon, a former glider and surfer, the experience has been a return to his roots. While he admits to initial apprehension about the rapids, the group's camaraderie has made him a permanent fixture on future excursions.

"We are all so exhilarated by these experiences that we continue to talk about them with other residents and friends, which builds momentum and inspires others to participate in the next activity," Garry says.

While the Leyshons' family remains supportive, Garry notes that friends outside the village are often the most surprised.

"They probably wouldn't consider doing it because they haven't been encouraged to step outside the ordinary. I think that's because they haven't been encouraged to participate in activities that are a little out of the ordinary for our age group." ●



Above: The group getting ready to soar at iFly Downunder. **Below:** Kathryn Cowley flying high in the skydiving tunnel.





Retirement reimagined

Carl Curlett spent much of his working life in finance. However, retirement has seen the Cherry Tree Grove resident embrace an entirely new set of skills.

In his younger years Carl Curlett and wife Sandra didn't give their third age a second thought.

Preoccupied with raising a family, building their careers and caring for ageing parents, the Curletts were focused on everyday life, too busy to contemplate where or how they would live out their later years.

"We didn't have much of an idea at all," he laughs. "We'd never visited a retirement community, didn't know anyone who lived in one and thought they were somewhere where people went to avoid having to look after large homes and gardens."

Life looks very different now, however.

Thirteen years after moving into Cherry Tree Grove, Carl, now in his 80s, is one of the community's most recognised faces.

He chairs the owners' corporation, helps to organise community events, plays snooker and joins almost 100 of his fellow residents in weekly happy hour sessions.

Far from slowing down, the father of two and grandfather of five insists retirement has opened the door to a new chapter of community involvement.

A life built on strong foundations

Growing up in Northcote, Victoria, Carl credits his parents with instilling the values that have guided him throughout life. In particular, the importance of treating others with respect.

Junior sport also played its part, with coaches helping shape his sense of discipline, teamwork and responsibility.

Those lessons carried into a long career with the Commonwealth

Bank, where Carl progressed through a range of roles, eventually being named senior audit officer. The mentors he worked alongside taught him more than just banking, he says.

"They impressed on me the importance of accuracy and professionalism. I did enjoy helping people in a financial way. I also liked helping and advising younger staff."

Finding a place to belong

In 1999, Carl and Sandra made the first of what would become three significant life moves, relocating from Victoria's Western District to Melbourne's inner suburbs.

The decision was driven by family.

"Sandra had parents living in Melbourne who were ailing and she was travelling from the Western District up to three times a week to visit and tend to their medical needs," Carl notes.

Retirement didn't enter the picture until Carl was about 60. By then both he and Sandra were still working, but with a daughter in Sydney who had recently welcomed twin girls, the couple decided it was time to step away from work and be available for family if needed.

When it came time to choose a retirement community, Sandra led the search. Cherry Tree Grove quickly stood out, offering everything the pair was looking for, including close proximity to family, familiar neighbourhoods, shopping, public transport and medical services.

What Carl didn't anticipate was how quickly the village would begin to feel like home.

Within weeks of arriving, the couple were invited to join walking groups, the choir, the local men's shed and a host of other social activities. But in keeping with his usual approach, it wasn't long before Carl found himself looking for ways to give something back.

"I thought I could help in some way," he says.

That willingness led him to assist with the body corporate's finances before eventually becoming chair of the owners' corporation, a role that has given him a new appreciation for leadership in a close-knit community.

Managing a retirement village, he argues, is less about making decisions than listening. Residents regularly have questions, ideas and requests, while helping newcomers understand how the village operates – particularly the differences between freehold and leasehold homes – can be one of the more challenging aspects of the role.

"You also learn to delegate," Carl says with a smile. "Sometimes the best answer is simply pointing people in the right direction."

A different way of doing things

Outside of his committee responsibilities, Carl's diary remains full.

A typical week could involve coffee catch-ups with friends, lawn bowls, shopping trips, visits to relatives or time spent enjoying the village's pool, gym, theatre and billiards room. One of his favourite routines is walking several kilometres with friends for coffee.

And then, of course, there's the weekly happy hour.

"It's very social," Carl insists. "For some people it's the only time they go out during the week, and it really brings everyone together."

The friendships forged through village life have taken on even greater significance in recent years after Sandra lost her sight unexpectedly and is now legally blind. Carl no longer joins the walking group's regular outings around Melbourne, preferring instead to spend more time with his wife, although he enjoys hearing about the group's adventures exploring the city by train and bus.

His focus has also expanded beyond organised activities to looking after neighbours, including visiting residents who are housebound and helping where he can.

That sense of purpose extends to practical projects. During renovations of the community centre, Carl and Sandra volunteered to sell unwanted furniture and equipment, spending months raising funds for the village, while keeping themselves busy and engaged.

A new purpose

Ask Carl what retirement means today and his answer is very different from the one he might have given 20 years ago.

In the early years, retirement meant travel. He and Sandra spent years caravanning, often away for six months at a time. Later, he assumed retirement was simply about slowing down.

Living in a retirement community challenged that assumption. "Seeing all the activities available, retirement takes on a new chapter," he insists.

For him, staying active isn't about filling the hours. It's about staying connected, contributing where he can and continuing to find meaning in everyday life.

"Some people just want to be left alone, and that's quite okay," he says. "For me, being involved keeps me happy. I like doing something that I enjoy and perhaps contributing."

Actionmen

Staying active in later life boosts strength, balance and confidence – something Aveo residents Tim Gardner and John Bradley know firsthand.

BORN TO RIDE

Meet the 74-year-old bike enthusiast who regularly trades his armchair for the open road and who believes ageing is all in the mind.

John Bradley has built a fierce reputation on a single principle: never listen to the naysayers.

From an unassisted cycling trek across the Nullarbor to a high-speed 13,000km motorcycle odyssey through the Top End, the Botanic Gardens Village resident has spent a lifetime defying the 'crazy' labels pinned on him by doubters.

Now nearing his mid-70s, the former architectural draftsman continues to defy all limitations.

With a motorbike tour of Tasmania and a 200km road cycling trip around New Zealand's Lake Taupo next on his agenda, he remains a man in perpetual motion.

A foundation of self-resilience

To be fair, however, John's life has always been one of adventure.

Born the second eldest of five children, he was just six when his family swapped the hustle and bustle of London for the quiet of the English countryside.

"In my generation, all children were 'active' and participation in sport whilst at school was compulsory," he recalls. "I went to an all-boys high school and success in school sports was an accolade that most kids aspired to. I excelled in rugby union and played for the school on many occasions."

Weekends were spent playing outside in the fields and joining the Boy Scouts was a rite of passage.

The movement introduced him to the mechanics of outdoor living – camping, hiking, tying knots and self-sufficiency. By age 11 he had his first bike, a reward from his parents for graduating from primary school with good marks. By 14, he had convinced his younger brother to pack a rucksack and take off on a week-long cycling trip to the seaside.

It was around this time the pair would often go for day rides back into London to go train spotting.

"If I wanted to go anywhere it would have to be on my bike," he says. "Although we had the family car, Mum or Dad giving me a lift anywhere was completely out of the question. I cycled everywhere – to school, out to play with friends, away on excursions with my brother. Cycling also introduced me to freedom and independence; I could now travel and explore anywhere I wanted to all on my own."

The solitary path

When John was 16 his family immigrated to Perth. While he missed out on the National Service ballot, he took great joy in joining the Army Reserves anyway.

His three years in the armed services helped enhance his survival and bush cooking skills, while also teaching him the "finer details" of pitching tents and getting dressed in the dark.

These early experiences shaped his preference for the solo path. John rarely completes group adventures, opting instead for the comfort of his own company. He travels light, insisting he needs little more than "a toothbrush, several pairs of clean socks and his strong Christian faith" to keep him strong.

"I nearly always ride on my own," he explains. "On safety grounds our roads are just not suited for riding in a group. But being on my own gives me the freedom to stop, start, come or go at my own pace and in my own time."

The conqueror

Of his many exploits, a homegrown trek in January 2024 is earmarked his favourite.

Using his trusty Trek cycle, John crossed 3,000kms of Australia's most inhospitable desert in just four weeks.



Above: All packed up and ready to cycle to Perth. **Below left:** At the halfway point of Kimba and about to begin crossing the Nullarbor Plain. **Below right:** On the Eyre Highway, WA, Australia's longest straight road.









Welcoming John to the vibrant heart of Australia's Red Centre.

Unsurprisingly, he also describes the ride through the Nullarbor as his toughest.

"The heat. The isolation. The risk of a mechanical breakdown," he says, noting that while he carried tools, the stakes were high. "The long distances between roadhouses meant limited access to food and water. I couldn't just pull over and catch the next bus home, I had to keep on going. There was no other option."

The pride of finishing that adventure fuelled a string of later "career" highlights, including a lap of the Top End on a Suzuki DR650 and racing through the French Alps on the Tour de France route alongside 5,000 other riders.

If I'm tired, I stop

While cycling or motorcycling is not everyone's cup of tea, John believes his travels have taught him much about patience, resilience and the ageing process.

"When I'm out in the middle of nowhere, comes the realisation that if it is to be – then it's up to me," he says. "Through the Simpson Desert on the motorbike I was riding for hours at a time without seeing another soul on the track. If I was tired or fed up, then giving up or going home was simply not an option. I had to face up, man up and keep going."

Now a widower with three children and four grandchildren, John is acutely aware of the "couch potato" trap. He often meets peers who have resigned themselves to the sidelines, claiming they are "too old" to emulate his adventures.

For John, that resignation is the ultimate motivation to keep going.

"I know that it is good for me and quietly I guess I'm hoping that I may set an example to my peers, friends and family. I have a good understanding about what I can or cannot achieve and plan my rides accordingly. My rides aren't always physically hard – if I'm tired I stop and rest up until I'm good to go.

"The biggest obstacle is always mental; it's the self-doubt and fear of failure before even starting out." ●

INTO THE WILD

After more than 50 years exploring some of the world's most remote landscapes, bushwalker Tim Gardener knows preparation can mean the difference between adventure and disaster.

When Tim Gardner packs for a hike, two mobile phones are among the first items in his backpack. They are not there for a quick online game or to check whether his pension payment has landed.

For the Maple Grove resident, who spends much of his spare time traversing mountains and valleys in some of the world's most remote and picturesque landscapes, those phones can mean the difference between life and death.

Reception is often patchy and sometimes non-existent. On two occasions, the 77-year-old has had to use an emergency beacon (PLB) to call for a helicopter extraction after fellow hikers were injured on the trail.

More commonly, however, the devices serve as modern navigation tools. By downloading off-grid maps, tracks and trail data before setting out, Tim ensures he can still find his way when mobile reception disappears – a precaution that helps prevent him from becoming another wilderness rescue statistic.

An unlikely beginning

Hiking was far from an obvious calling for Tim, who has been a resident of Maple Grove since 2003.

A long-term resident of Liverpool in Sydney's south west before moving to Casula, Tim says he grew up with little interest in sport.

"I never played sport. I hated it with a passion," he says.

Born in the English city of Newcastle, the father of three and grandfather of six was raised by hardworking parents with limited financial means. Joining the local Scouts offered both an escape from the crowded housing-commission-style unit his family called home and an early lesson in independence.

Through Scouts he learned practical outdoor skills – cooking over open campfires and navigating with a compass. In his late teens, a youth recreation camp in North Wales introduced him to rock climbing, canoeing and hiking.

He was immediately hooked.

His early adventures were sporadic, but as his confidence grew so too did his appetite for exploration.

When Tim moved to Sydney as a "£10 pom" in 1972 to escape the UK's poor weather with a young family, his hiking pursuits briefly stalled.

"I didn't go out in the bush at first because it was an environment I wasn't familiar with," he says. "You've got to be careful going out on your own or go with people who know it."

His return to the outdoors came



Tim in the Dart River Valley, Mt Aspiring National Park, South Island of NZ.



Tim on the The Ghorepani Poon Hill Trek in Nepal.

through Scouting. In the scout hierarchy, Tim joined other leaders on overnight hikes where he was gradually introduced to the Australian bush and the rugged terrain of the Royal National Park and the Blue Mountains.

"Those trips helped me understand what the bush was like," he says.

From those modest beginnings, Tim's adventures have taken him across the globe, from New Zealand to Nepal. His treks have ranged from 10 kilometres to more than 100, lasting anywhere from a few hours to more than 30 days.

For the past decade he has been a member of the Sutherland Bushwalkers Club, where he regularly leads walks through the Blue Mountains and the remote Wollangambe wilderness areas.

The terrain can be unforgiving, he admits, dense bushland, steep ridgelines and rugged scrambles that demand both navigation skills and physical endurance.

To maintain the fitness required for such demanding terrain, Tim trains at a local gym four times a week and regularly takes to the water in his canoe.

High points on the trail

For Tim, the appeal of hiking lies as much in the challenge as the scenery.

"It's about getting out there and testing yourself," he says. "Climbing to the top of a hill or getting in a canoe and running a set of rapids and making it to the end without tipping out. That's the reward."

Among the many treks he has completed, two stand out.

The first was in Nepal's Everest region in 1998, when he teamed up with a friend from England to undertake a 30-day trek in the Everest region of Nepal.

They reached the top of Kala Patthar, a 5,543-metre peak known for its sweeping views of Mount Everest and the surrounding Himalayas.

"Our guide said we'd go to Everest Base Camp, but the hardest climb was Kala Patthar," he recalls. "When you get to the top you're surrounded by these enormous 7,000 and 8,000-metre peaks. Everest almost looks small beside them. It was really special."

Another memorable experience came in 2020 on the demanding Cascade Saddle route near Wānaka on New Zealand's South Island.

"We knew it would be a tough walk, but the views were incredible – the peaks and the glaciers," he says.

What surprised him most, however, was what lay across the snow.

"There was a brown dusting across the glacier. It was ash and dust that had travelled all the way from the Australian bushfires."

Experience shapes bush safety

With more than five decades of hiking now behind him, Tim has developed a healthy respect for the

risks that come with remote travel.

"In my younger days in the UK I'd often head out on my own," he says. "If you could read a map and compass you were usually fine. But as time goes by you realise you shouldn't be out there alone. You never know what might happen."

On several occasions, he has been involved in emergency situations on the trail.

"A couple of times we've had to call for helicopter extractions when people were injured," he says. "I've also had to activate an emergency beacon."

A PLB is now standard equipment in his pack.

Tim says one of the biggest mistakes inexperienced hikers make is underestimating the Australian bush.

"In some areas the vegetation is so dense you can't easily identify where you are," he says. "People don't always understand the environment they're walking into, or how quickly the weather can change."

That risk is particularly evident on club trips to the Snowy Mountains.

"Each summer, our bushwalking club books out a ski lodge near Kosciuszko and 30 or 40 members attend the week's activities," he says. "It is not uncommon to come across people in shorts and a tank top with no backpack. The weather there can change completely in a very short time."

Proper preparation, he says, is essential to avoid serious consequences such as hypothermia.

Tim rarely heads into the bush without a carefully prepared pack. Among the essentials are a compass, a rain jacket, first-aid supplies, an emergency bivouac, a lighter and matches.



Finlay Shaw and Tim take a break at the summit of Grandview Mountain, New Zealand.

"I carry a splint now because we've had injuries before," he says. "I also take gear for removing ticks, and one of the group carries an EpiPen."

Modern navigation apps have also become valuable tools for bushwalkers, allowing maps to be downloaded for offline use.

"You can open the app and see exactly where you are," he says. "In the Australian bush there are often no obvious landmarks. If you don't know where you're going, you can get into trouble very quickly."

Prepared for the unexpected

For all the sophisticated gear now available to bushwalkers, Tim believes the most important tool remains preparation.

"The bush is a wonderful place, but it deserves respect," he says. "You've got to understand where you're going, what the conditions might be and what you'll do if something goes wrong."

It is why, after decades of hiking, he still follows the same careful routine before every trip – checking maps, packing essential gear and making sure his navigation apps are ready to go.

A quiet insurance in landscapes where beauty and risk often walk side by side.

MORE INFORMATION

If you'd like to see more of Tim's adventures, scan the QR code below.



Low risk *adventure*

One of the true enjoyments of retirement is the opportunity to get away. But when you choose to live in an Aveo community, the only thing you need to worry about when you're travelling is what souvenirs you're going to bring home.

For Veronica and Richard McGuigan, the move to Aveo's Shortland Waters spanned just two kilometres – a drop in the ocean compared to the thousands they've clocked since taking up residence.

Married for 56 years, the McGuigans are more than frequent flyers; they are habitual travellers. Over decades spent traversing the globe, they have touched down on all seven continents, returning to their favourite corners of the world multiple times.

While travel was a lifelong rhythm for the pair – anchored by at least one major overseas adventure every two years – it was Richard's (better known as Dick) retirement from the hospitality industry in 2014 that sparked a new conversation.

Together, they began eyeing a move into a retirement community to shed the mounting burden of maintaining a large family home.

Trading the mower and renewing the passport

"We decided to make the move while we were still in our sixties," Dick explains. "We used to go away for a month at a time, only to return to knee-high grass, overgrown gardens and a green swimming pool. We wanted to get ahead of that routine maintenance; the mowing, the painting, the endless chores – before we were no longer able to manage it ourselves."

Beyond the physical upkeep, there was a strategic element to their decision. "We were scared we would possibly be forced to move into a care facility perhaps not of our choosing," he says.

The timing proved serendipitous. Only months before beginning their search, Aveo announced plans for a new community in Shortland, just two kilometres from the McGuigans' front door. They watched with anticipation as construction progressed, and in 2017, they became among the village's founding residents.

The draw of lowkey living

While the community's "lock and leave" benefits weren't their primary motivation for moving into Shortland Waters, Dick admits the convenience has become one of their favourite perks.

"When we return from a trip now, no matter how far we've been, everything is exactly as we left it," he says. "The gardens are manicured, and the lawns are mowed. There is always a fellow resident happy to water our plants or collect the mail. We all keep a watchful eye on the villas we know are vacant for a time."

In 2019, that sense of community security was put to the ultimate test. Returning from a trip to Borneo, the McGuigans arrived back at their villa at 1am. After 21 hours of gruelling travel, all the pair sought was a shower and a sleep.

After being in bed for about half an hour, they awoke to voices outside, only to find two police officers standing at their door.

"When I enquired what the problem was, they told me that they had received a call to say that the owners were away on holiday and someone was in the house and had the lights on. I explained to the officers that we were the owners and had returned from overseas only about an hour ago. A fellow resident, being concerned, had made the report to the Police. We subsequently have no qualms whatsoever about being away from home," Richard laughs.

A new chapter closer to home

The pair, who both turn 78 this year, remain in good health, but have decided to curtail their overseas adventures in favour of more domestic travel. The shift ensures they are never too far away from medical help if required, providing peace of mind for themselves and their family.

Their two sons, Lyle (53) and Mathew (50), who between them have seven children, both live less than ten kilometres away, ensuring no long trips to visit family are on the agenda in the short term.

New horizons

Despite their shift toward domestic travel, a few major items remain on the McGuigans' bucket list, including a trip to Margaret River and, if finances allow, a two-week cruise.

In the short term, plans are already afoot for their annual pilgrimage to Manning Point on the NSW Mid-Coast. The pair are booked to spend a total of 22 weeks house-sitting for various friends – though not all in one sitting," Dick adds with a smile.

Whenever they hit the road, they do so with total peace of mind, having established a routine of informing the community manager of their itinerary.

"Once again, we know we will return to well-kept gardens and lawns," Dick says. "The village maintenance staff are always out and about, keeping an eye on everything. We even give written permission for management to enter our villa during our absence should the need arise."

For anyone hesitant about the security or the lifestyle change of moving into a retirement community, the McGuigans' advice is simple: you have nothing to worry about.

"Our family of residents truly looks after one another," Dick insists. "We knew no one when we first moved in, and now we have more close friends than we ever did before.

"Our social life within the village really has to be experienced to be believed." ●



Dick and Veronica exploring the Northern Territory at Katherine Gorge in Nitmiluk National Park and (top left) in Litchfield National Park.

A step closer

The rise of intergenerational living and the ways in which the traditional village model is evolving to reflect the real world.

For most people, moving into a retirement community marks the start of a new chapter. But for Del Furlonger and Susan Irvine it's the resurrection of an old, but lovingly familiar, one.

Thirty-eight years ago, Del embraced a new way of living when she moved with her late husband George into The Domain Country Club in Ashmore, Queensland. Several years before, Del had tearfully watched as her daughter, Susan, walked away from the family compound to start a life of her own.

She couldn't have known then that the path Susan was walking on would eventually lead right back home – first during her role as The Domain Country Club's receptionist, and eventually, as Del's new neighbour as Susan moved to the community herself.

A growing shift towards intergenerational connection

Del and Susan's story is deeply personal, but it also reflects a broader national trend.

Community manager Joanne Akbal says an increasing number of Australians are embracing intergenerational living, recognising the emotional benefits of staying connected across age groups.

While the trend is being driven most strongly by younger Australians – with 68 per cent of those aged 20-39 in favour of multigenerational living, compared to just two in five Australians aged 65 and over – attitudes are changing across the board.

It is clear that more older Australians are enjoying the mental and physical benefits of surrounding themselves with younger cohorts.

Purpose-built social programs, at Aveo communities like Forest Grove Retirement Living in Brisbane, or Oak Tree Hill Retirement Living, Kingston Green Retirement Living and Cherry Tree Grove in Melbourne, are also helping to cross the generational divide by fostering meaningful social connections between residents, younger family members or local school and childcare students.

Designing for organic connection

At its core, Joanne says, it is less about proximity and more about opportunity.

"It's not about forcing interaction, but about designing spaces, events, and opportunities where those connections can happen organically, through shared activities, family involvement or community partnerships," she says.

"It brings a broader sense of life into a village and reflects how people live in the real world."

A shared attachment

For Del and Susan, the pull of The Domain is as much emotional as it is practical.

Over the years, they have watched the community grow from just 52 villas to more than 320 residences, expanding to provide support services and on-site dining options. What began as an "unusual" resort-style development – with its distinctive architecture and lush gardens – has evolved into something far more meaningful: a living record of their family's history.

It is a place marked by both joy and loss.

Del and George shared many happy years there, hosting gatherings and building friendships, before George died from cancer.

In the years that followed, Del found contentment living independently – until an unexpected invitation changed her life once more.

A fellow resident, Viv, asked her out


Susan Irvine





for coffee. The companionship grew into love, and the pair married in the village gardens when Del was 85 and Viv was 87.

"Our wonderful service coordinator, Bonny, decorated the buggy and drove us to the Clubhouse, where we had a fabulous reception under fairy lights."

Their time together was brief. Viv passed away just 12 months later, but the memory remains a cherished part of Del's life at the village.

A practical next step

By the time Del reached 94, maintaining her unit had become more challenging, and the quiet was beginning to weigh on her. Together, she and Susan began weighing the options available to them within their existing community, eventually settling on a move into an apartment with services at The Domain's, Elston Lodge.

For Susan, the next step to move to The Domain Country Club felt almost inevitable.

"It was something that just seemed the perfect thing to do as we have always been close," says Susan.

She leased out her own home, purchased Del's two-bedroom unit in the village and renovated it – a decision she describes as "just meant to be".

Together but independent

Today, mother and daughter see each other daily, a significant change from the twice-weekly visits they once maintained.

While they don't need to make a conscious effort to maintain separate routines, Del has her own routine, with daily meals and activities she enjoys at the Lodge. Both maintain separate friendship groups and have differing interests but come together for functions at the clubhouse and to play cards weekly with a group of friends.

"It's been important to be independent of each other, but still within the complex. I can have my life both inside and outside the village but be here when needed. My mother can decide independently of me what her day consists of, but also knows she has my support every day," Susan says.

There has also been the odd practical adjustment that the pair have had to negotiate.

"We have recently increased home care visits to daily in the mornings due to Mum's age, even though she was reluctant at first," Susan says.

"This was negotiated for my reassurance that each morning there was helping to get ready for the day, and especially safety around showering. We are fortunate to have this available."

Despite these changes, the benefits are clear.



Susan and Del with Aveo CEO Tony Randello at the reopening of The Domain Country Club.

Seeing each other daily has been wonderful for them both, Susan insists, as she can easily help Del with appointments and shopping, and the extended family can visit both at once.

"She can also share the joy of my dog Billie when she walks over for coffee," Susan laughs.

"There have been times when one of us has had a health issue, and to be close has been a great advantage. Not many people have the opportunity to spend such quality time together."

Bringing together a wider support network

According to community manager, Joanne Akbal, arrangements like Del and Susan's highlight the deeper value of intergenerational living.

Their relationship extends beyond mother and daughter, bringing together overlapping friendship groups and creating a wider, informal support network within the community.

"As we age, our world can naturally narrow," Joanne says. "Staying connected with younger generations helps keep that perspective open. There's also a lift in energy, it brings joy, curiosity, and often a renewed sense of purpose."

These interactions also challenge assumptions on both sides.

"Younger people see that ageing doesn't mean slowing down, it often means experience, resilience, and humour. At the same time, residents show they are open, adaptable, and still learning. It becomes less about age and more about the individual."

A model for the future

Looking ahead, Joanne believes demand for intergenerational living arrangements will continue to grow.

While such models are often discussed as a way to address loneliness, she believes their true value lies elsewhere.

"Solving loneliness entirely is a big challenge, but we can start small, focusing on everyday interactions, supporting one another, and building a culture where people feel seen and included. With everything happening in the world, one thing we can all offer our community is an open heart. I think we'll see intergenerational living become more intentional, with spaces and programs designed to bring people together naturally. It will move from a 'nice to have' to an expected part of community living."

For Susan, the success of their shared living arrangement is measured not in theory, but in lived experience.

"We have had a long, special, and unusual relationship with this village,' she says. "But there is nothing better than the sense of community and belonging that comes from that. I would not change a thing."



Café Culture

Retirement living is moving away from set schedules, and towards casual cafe-style gatherings where good food, coffee, flexibility and choice are taking centre stage.

A growing appetite for resort-style amenities is reshaping expectations across Australia's retirement communities, with onsite cafés fast becoming a defining feature of modern village life.

Terry Walker, Aveo Victoria's Resident Services Manager, says demand for informal dining spaces has surged, with eight Aveo communities throughout Melbourne now offering dedicated café-style environments.

"Café-style spaces are becoming a key part of what modern retirees look for," Terry explains. They signal that a community is vibrant, socially connected and aligned with contemporary living standards."

Today's residents, particularly Baby Boomers, are bringing higher expectations with them.

"They expect modern amenities, better food experiences, and spaces that feel contemporary rather than institutional," he says. "They are more socially active, well-travelled and accustomed to high-quality hospitality, so they bring those expectations into retirement living."

Proving popular

Traditional dining rooms are giving way to more relaxed, flexible environments as residents seek greater control over how and when they socialise.

According to Terry, café-style spaces meet this shift perfectly.

""A café lowers the barrier to connection," Terry says. "People who might not attend organised activities often feel more comfortable in a relaxed setting over coffee."

These spaces also create opportunities for organic interaction.

"It becomes a safe, neutral place where friendships form naturally," he adds.

Convenience is another major drawcard. "Residents don't have to leave the village for a good coffee or light meal. It provides a dependable meeting place for visitors, removes transport barriers, and adds vibrancy to the heart of the community."

Creating a third space

Beyond convenience, cafés play an important role in bridging the gap between private homes and formal communal areas.

People want flexible, modern, hospitality-style spaces that feel familiar – somewhere they can meet friends, bring family or simply enjoy a coffee without leaving the village.

They also allow for spontaneity, Terry says.

"They're drop-in spaces. Residents can use them however they like – whether it's a quick bite, a social catch-up, or a peaceful corner to read."

Aveo's approach is to position cafés as a "third space" that is distinct from both home and traditional community rooms.

Design also plays a key role. "The goal is to make them warm, welcoming and intuitive," Terry explains. "Comfortable seating, natural light, greenery and a relaxed atmosphere all help residents feel at ease."

Key features include strong indoor-outdoor connections, clear visibility from central areas, step-free access, wide walkways for mobility aids, and acoustic treatments to support easy conversation.

Resident involvement a key element

While each café differs in design and layout, one element remains consistent: resident involvement.

From menu planning to service style, residents play an active role in shaping their café experience.

"Residents regularly provide feedback on menu variety, dietary preferences and overall offerings," Terry says. "That involvement builds a sense of ownership and ensures the café reflects their needs and tastes."

In some communities, residents have even helped select the coffee beans before opening day.

"There's comfort in knowing your preferences are being heard and reflected in the final product."

Balancing demand, cost and future growth

Despite their popularity, introducing cafés into Aveo's retirement communities hasn't been without challenges, Terry concedes.

Balancing commercial viability with resident-friendly pricing has been a challenge, as has managing staffing levels for fluctuating demand and integrating café operations into the broader village ecosystem.

Despite these minor hiccups, Terry says more changes are planned as part of the dining evolution.

"We're continually evolving our offering to meet resident expectations – this includes exploring Grab and Go options and introducing café days at sites that don't currently have dining services. The goal is to keep expanding convenience and choice for residents, no matter which village they call home."



Terry, pictured with Barista and Aveo People's Choice Award winner Jane Jiao, at the Streeton Park Retirement Living café.

KRISTIAN GEHRADTE



MORE INFORMATION For more recipe ideas and video cooking classes, visit **aveo.com.au/blog/food**



KRISTIAN GEHRADTE

Aveo's Resident Services Manager and ex-Chef, Terry Walker, shares two of his favourite sweet and savoury recipes for those who enjoy making café-style fare at home.

MY FAVOURITE BANANA BREAD

Serves: **10** Prep Time: **30 mins** Cooking time: **60 mins**

Ingredients

- 2 C all-purpose flour (spooned & levelled)
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp ground cinnamon
- 1/2 C unsalted butter, softened to room temperature
- 3/4 C packed light or dark brown sugar
- 2 large eggs, at room temperature
- 1/3 C plain Greek yogurt, at room temperature
- 3-4 ripe bananas (equivalent to 1.5 cups)
- 1 teaspoon pure vanilla extract
- Optional: 90g chopped pecans or walnuts

Method

1. Adjust the oven rack to the lower third position and preheat the oven to 177°C. Lowering the oven rack prevents the top of your bread from browning too much, too soon. Grease a 9×5-inch loaf pan with nonstick spray. Set aside.
2. In a medium bowl, whisk together the flour, baking soda, salt, and cinnamon. Set aside.
3. In a large bowl, and using a handheld or stand mixer fitted with a paddle attachment, beat the butter and brown sugar together on medium-high speed until light and creamy, about 3 minutes. Reduce the speed to medium and add the eggs one at a time, beating well after each addition. Scrape down the sides of the bowl as needed. Beat in the yogurt, vanilla, and mashed bananas until combined.
4. Add the dry ingredients into the wet ingredients and beat on low speed just until combined. Do not over-mix. Fold in the nuts/chocolate chips, if using. The batter should be thick.
5. Pour and spread the batter into the prepared baking pan. Bake for 60–65 minutes, loosely covering the pan with aluminium foil halfway through baking to prevent over-browning.
6. The bread is done when a toothpick inserted in the centre comes out cleanly with only a few small moist crumbs. Cool the bread in the pan and set on a cooling rack for 1 hour. Remove the bread from the pan and cool it directly on the rack until ready to slice and serve.
7. Store wrapped tightly at room temperature for up to three days or in the refrigerator for up to a week.

MULLIGATAWNY SOUP

Serves: **6** Prep Time: **30 mins** Cooking time: **60 mins**

Ingredients

- 2 Tbsp unsalted butter
- 1 onion, chopped
- 1 carrot, chopped
- 2 x stalks celery
- 2 cloves minced garlic
- 1/2 tsp salt
- 1/4 tsp pepper
- 4 x chicken thighs, boneless and skinless
- 1/4 C curry paste
- 1 Tbsp all-purpose flour
- 6 C low sodium chicken broth
- 1/2 C rice
- 2 x small apples peeled, cored and chopped
- 1 Tbsp fresh parsley
- 2 Tbsp fruit chutney
- 1/4 C cream

Method

1. To begin, you need to get the veggies going. First, melt the butter over medium heat in a Dutch oven or large pot. Then add the onion, carrot, celery, and garlic to the pot. Now, sprinkle the veggies with a bit of salt and pepper to season, and then cook them for about 3 minutes or until they soften and the garlic becomes aromatic.
2. Once the veggies are sautéed, add the chicken thighs to the pot and then season them with salt and pepper. Now, stir everything together and cook the thighs for 5 minutes or until they are no longer pink. However, don't worry if the chicken is not cooked through yet.
3. Add the curry paste to the pot and stir. Then sprinkle everything with the all-purpose flour and stir the mixture once more. The flour is added to help thicken up the soup broth a bit.
4. Next, pour in the chicken broth, rice, and apple and bring the soup to a boil. Then turn the heat down to medium-low and let the soup cook for about 10 minutes or until the rice is done. But make sure to keep an eye on the soup and add more broth if needed.
5. After the rice is done, remove the chicken thighs from the soup and place them in a bowl. Then use two forks to shred the meat. Now, put the shredded chicken back into the pot and mix it into the soup. Next, add the fruit chutney and cream, and cook the soup for another 2 to 3 minutes.
6. Finally, taste the Mulligatawny soup and season with more salt if necessary. Now, ladle the soup into bowls and serve it topped with fresh parsley.

The art of belonging

Each year we invite our talented residents to send in their creative works to become part of our much-anticipated Aveo calendar. Residents this year followed the theme of 'Togetherness'. Here are the winning entries.



Artist: Robyn Wabitsch, Bayview Gardens, NSW
Medium: Oil painting
Inspiration: "Saving a moment in time from an outing on the village bus."



Artist: Peter Thompson, Amity Gardens, QLD
Medium: Acrylic Painting
Inspiration: "Coming together for a drink."



Artist: Lorraine Russell, Banora Point, NSW
Medium: Oil Painting
Inspiration: "We have a great group of ladies who enjoy painting and getting together in our art room. Special people and special togetherness, caring for each other."



Artist: Wendy Garling, Sackville Grange, VIC
Medium: Stumpwork Embroidery
Inspiration: "Our differences should make us stronger and our relationships deeper, as well as our life paths and experiences smoother."



Artist: Jenny Kilpatrick, Kingston Green, VIC
Medium: Watercolour Painting
Inspiration: "Our art group loves to get together. This was a lovely day, we had art outside."



Artists: Mingarra Mosaic Group, Mingarra, VIC
Medium: Mosaic
Inspiration: "We've created a place that not only enhances the village environment but is aesthetically pleasing."





Artists: Lorraine Warner and Bridgeman Downs Art Group, Bridgeman Downs, QLD
Medium: Pottery Mosaic Tiles
Inspiration: "Our art group spent three months working on this shared artwork. Each member of the group designed their own flower to display."





Artists: Anna Oprysa and Gerry Dent, The Newstead Residences, QLD
Medium: Acrylic Painting
Inspiration: "Capturing the community spirit from our hairdresser's salon window."



Artist: John Walden Taylor, Cherry Tree Grove, VIC
Medium: Oil Painting
Inspiration: "A unique togetherness, however, centres on the lakes in the village. Each year in spring, the wood ducks hatch a new brood of down-covered ducklings which are closely observed by the residents."



Artist: Gladys Nicol, The George, VIC
Medium: Comic Drawings
Inspiration: "My family live overseas and it was difficult to stay in touch. I created this series to keep in touch with my grandchildren. It helped to keep closer ties."



Artist: Anthea Olsen, Edrington Park, VIC
Medium: Counted Cross Stitch
Inspiration: "Each tile has its own individual colour, pattern and design. They are then connected to become safe, strong and secure. The diverse dimensions, unity and collaboration of the residents and staff of our village."



Artist: Gordon Plant, Forest Grove, QLD
Medium: Model Railway
Inspiration: "Enthusiastic Forest Grove residents have been busy creating a fully landscaped working model railway display for all to enjoy."





Artist: Community Workshop, Shortland Waters, NSW
Medium: Woodwork
Inspiration: "Various skills were used in a rewarding project that truly showcased togetherness. Our tree will welcome residents as they gather to enjoy the festive activities."



Artist: Sue Barden, Peregian Springs, QLD
Medium: Acrylic Painting
Inspiration: "My artwork vividly captures the essence of the community in an abstract style. Sharing laughter during a lively happy hour."



Nurse of the Year

Pan Hlaing is one of Aveo's finest – balancing a busy home life with an award-winning career in clinical nursing.

Pan Hlaing is a natural force for good.

Whether coaxing new life from her bountiful vegetable garden, tending to her lively menagerie of six guinea pigs and three birds, or remaining a steadfast support for her husband, six-year-old daughter and her parents, 39-year-old Pan likes to spend her days brightening up the world around her.

This same diligence defines her professional life.

Rather than simply managing tasks, Pan spends her hours truly listening to residents to ensure they feel seen and respected.

It is this commitment to dignity, both for her residents and the team she mentors, that recently thrust her into the national spotlight as the 2025 Nurse of the Year at the Aveo Awards.

From the classroom to the clinic

While she has reached the top of her field, Pan's path to nursing was far from traditional.

Originally from Burma, she began her career not in a ward, but in a classroom, completing a Bachelor of Arts in French in 2006 and working as a teacher at an international school.

Her life shifted gears after moving to Australia in 2009. Driven by a desire to succeed in a new land, she transitioned into healthcare, beginning with a Diploma of Nursing at TAFE before earning her Bachelor of Nursing from Griffith University.

It was while studying that she was introduced to aged and disability care, combining her studies with work as a Personal Care Worker at Aveo's Redlands by the Bay community.

By 2013, she had transferred to another Aveo community where, upon graduating as a Registered Nurse, she was promptly offered a full-time position.

A place of learning

The transition wasn't without its hurdles. While Pan thrived on the academic challenges, she found that the steepest learning curve involved more than just medical terminology.

"In those early months, I was learning everything at once: the daily routines of residents, the expectations of care, and the way life is lived and valued in Australia. Coming from a different cultural background, it wasn't always easy, but it was a deeply meaningful journey," she states.

As time went on, Pan says she began to recognise that Australian culture has its own unique beauty, built on "respect, individuality, and genuine care for others".

"That understanding changed the way I approached my work. I realised that providing good care is not only about clinical skills, but also about understanding what people value, what they believe in, and what makes them feel respected and at home.

"Looking back, what once felt like a challenge has become one of the most valuable parts of my journey – and it continues to shape the way I care for others every day."

A professional evolution

A decade or so and a few different job titles on and Pan's days as a care manager now look vastly different.

Having worked in a management role for the past nine years, she now spends her days blending care and clinical case management.

Her time at work involves working closely with residents to ensure their care plans truly reflect their individual needs, preferences, and goals and she also spends time liaising with care staff, both in-house and with external providers, to coordinate services such as short-term care, wound management, social support, and even everyday assistance like shopping.

"I also prioritise listening and responding to feedback from residents and families. Whether it's a concern or a suggestion, I see it as an opportunity to reflect, improve, and provide better care."

Her role includes reviewing incidents and putting strategies in place to prevent them from happening again, while supporting and guiding staff.

This, she says, involves monitoring performance and working closely with rosters to ensure we have the right people in the right place at the right time.

While there are more tasks she could add to the list, Pan insists that what truly defines her day is staying adaptable, being present for both residents and staff, and working hard to deliver the best possible care.

"Every day, I strive to bring a positive attitude and uplifting energy to those around me. These values guide how I work, how I support others, and how I show up each day."

Taking centre stage

As is befitting, Pan was at work when she was informed she had been nominated for the award.

Finding out she had won came as an even bigger surprise, she says, and remains a very "special and humbling" moment that she will always treasure.

In typical Pan-style, she deflects any praise onto others, insisting the award is not just a personal achievement, but a reflection of every nurse who "shows up each day with compassion, strength, and unwavering dedication".

"More than the award itself, what means the most to me is the trust and support of my colleagues and residents. It truly touched my heart to feel recognised in that way.

"I don't see this recognition as mine alone. I feel that I am representing all the nurses at Aveo. Nursing is a profession filled with emotion – there are moments of joy when we make a difference in someone's life, but also moments of sadness, loss, and hardship.

"As nurses, we carry both the weight of grief and the privilege of bringing comfort, hope, and dignity to others. It is this balance of challenges and rewards that makes nursing such a meaningful and powerful profession."



Pan accepting her award for Nurse of the Year from Kate Murdoch at the Aveo annual awards.

Support *that fits*

Home Care services aren't just for when things get difficult. Whether it's a helping hand with the housework, transport to a doctor's appointment or assistance with personal care, the new Support at Home program is designed to keep you living life on your terms.



Justine Hughes

As demand for home care services continues to grow, the Federal Government's new Support at Home program is reshaping how care and support services are delivered across the country.

Replacing the former Home Care Package, the new Support at Home program aims to simplify home care services while delivering more tailored support to help older Australians remain independent for longer.

While clinical support, such as nursing and allied health is available, the program is also designed to help with everyday tasks that keep life running smoothly: cleaning and meal preparation, transport to and from appointments or social activities, help around the garden, and assistance with daily personal care daily routines. In short, it helps people live independently for longer.

Justine Hughes, Aveo Chief Operating Officer, says for most older Australians, staying in their home or community for as long as possible is about more than just convenience.

"It's about independence, dignity and quality of life. That's what Support at Home is really designed to do; help people live well, on their terms, with the right support around them when they need it."

What many don't realise is that the benefits of Home Care services are greatest for those who start exploring their options early, well before support feels urgent.

As Justine explains, "one of the biggest myths is that home care is only for when someone is very unwell. In reality, support might start with something simple, like help with cleaning, meals, transport or staying socially connected."

That kind of everyday support, put in place early, can make all the difference in how long our loved ones remain comfortably and independently at home.

What is Support at Home?

The Support at Home system recognises that quality care extends well beyond clinical support alone. Instead, the program has been designed to ensure "everyday support" is available to allow older Australians to keep living the life they enjoy, Justine says.

The program is generally available to Australians aged 65 and over while Aboriginal and Torres Strait Island people may be eligible from aged 50.

A useful starting point is understanding the different types of services available under Support at Home.

Broadly, Support at Home services can be grouped into two categories: ongoing support service and short-term targeted care.

Ongoing support services include both clinical and everyday living support. Depending on individual needs, this may involve nursing care, allied health services, personal care, transportation, cleaning or gardening assistance.

Short-term targeted focuses on proactive solutions to keep people safe. This may include assistive technology, home modifications and restorative care pathways such as intensive physiotherapy or allied health support aimed at improving mobility and wellbeing.

Together, these services are intended to create a more flexible and personalised approach to ageing at home.

How to apply for Government-Funded Support at Home services

Because independence looks different to every person, understanding when and how to access support it can be confusing.

For older Australians who find themselves struggling with





everyday tasks, the first step is to contact My Aged Care for an assessment.

Assessments are typically conducted in a person's home by a trained assessor, although they can also be arranged at other locations, such as at a family member's home or via telehealth if required.

There are three ways to apply for an assessment: online, by calling 1800 200 422 or in person for face-to-face assistance. During this process, applicants may be asked questions about their health, mobility, daily routines, living environment, personal goals and any existing support arrangements.

Should you require additional support, Aveo has a number of care partners available to assist and guide you to navigate this process.

Following the assessment, a Notice of Decision letter is sent to the applicant, outlining their eligibility, approved services and classification level. The letter also explains the process for requesting a review, if required.

Waiting times for government-funded support can vary, with some applicants waiting up to 12 months for approval, depending on priority levels and broader demand across the aged care sector.

It is for this reason that Justine suggests older Australians investigate their options early, before the need is urgent, to ensure they can make fully informed decisions at a pace that feels comfortable to them.

In the meantime, Justine says, privately-funded care can provide an important interim solution for those who require immediate support or whose application has been delayed.

"It's a simple way to get the support you need straight away while waiting for government-funded care to commence," she says.

"Exploring options early gives people more choice, more control, and the ability to put supports in place gradually as needs change."

Choosing the right Support at Home provider

Once funding and eligibility have been established, the final step is selecting an aged care provider to coordinate and deliver services.

Justine says this decision is often one of the most important, yet frequently overlooked, parts of the process.

"There's real value in choosing a provider that offers continuity, strong communication and support that can adapt as circumstances change," she says.

She recommends looking for providers that prioritise consistency in care staff, transparent communication and personalised support planning.

Ideally, a provider should be able to evolve services over time as an individual's health, mobility or lifestyle needs change.

"At Aveo, we're a registered Support at Home provider, and our care partner model means people have a consistent, experienced point of contact guiding their care. We also invest heavily in systems that support continuity and communication, and our care team's strong satisfaction results reflect the trust people place in us," Justine says.

"Ultimately, our focus is on helping people live independently, confidently and with peace of mind. Support at home isn't about giving things up, it's about putting the right supports in place so you can keep living life well, in the place you call home."

MORE INFORMATION

For more information on Support at Home scan the QR code to watch a video about Services and Support or visit **www.aveo.au/home-care/**



Scan to hear from Aveo home care customers

Accessing the right support with Aveo

Life's about being you – doing what you love, in a place you cherish. As we age, a little extra support can help you keep doing just that. Aveo's personalised, flexible care and support services empower you to maintain your independence in the home and community you love for as long as possible.

Clinical Care
Healthcare services, including nursing, allied health, nutrition and care management.

Independence Support
Help with personal care, social support, transport and everyday tasks.

Everyday Living
Support for tasks like cleaning, meals and home repairs.

Assistive Technology & Home Modifications
Tools, equipment and home changes designed to improve safety, comfort and accessibility.

Restorative Care
Therapies and rehabilitation services to regain strength, mobility and independence.

Why choose Aveo home care services?

- **High satisfaction**
  Join over 98%* of residents who are happy with their home care services.
- **Tailored care**
  Access a diverse network of providers, to meet your individual needs.
- **Familiar faces**
  Experience consistent support and guidance from our friendly team.
- **Great value**
  Discover exceptional, personalised care and support at an affordable price point.

*2025 Quality of Care Experience Survey.

Care to talk about home care services?
Call the **Aveo care at home team** at **1300 386 158** to find out more.

aveo


From our earliest days of school friends and play groups,
to work mates and family gatherings – life is meant to be
lived together. So when you retire, why stop there?
Togetherness is more important than ever. Friends to laugh with.
Shoulders to lean on. That's where Aveo comes in.
A collection of retirement communities offering easy living
with company and support when you want it.
Find your together with Aveo today.
aveo
together
See the moments that make together. Scan to watch.