



Southern Cross Care (Tas) Inc.
Caring across Tasmania

Southern Cross Care Caring across Tasmania

Southern Cross Care Tasmania is proud of our track record of over 40 years as a leading provider of aged care accommodation and services across Tasmania. With nine residential aged care facilities and thirteen retirement villages across the state including home care services we currently provide assistance to over 2000 people. Employing approximately 1300 staff we provide care, support and compassion to those in need.



Ainslie House – Low Head Residential Aged Care

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AINSLIE HOUSE – LOW HEAD Residential Aged Care



Enjoy the View from Ainslie House – Low Head

Located just 35 minutes from the major city of Launceston, Ainslie House & Hostel is a modern, attractive facility in a beautiful, virtually waterfront setting overlooking the Tamar River mouth.

All rooms are spacious, with en-suites and are tastefully furnished with room for personalisation by each resident. The views from resident rooms provide a stunning vista and the smell of the sea is never far away.

Couples with differing care needs can be accommodated on the one site. Ageing in place also means when care needs change we strive to meet these within the facility.

Residents and their families can enjoy well-furnished lounge areas with stunning water vistas out through the heads of the Tamar River to Bass Strait with the Low head Light House in the background.



Community and Lifestyle

Many and varied activities take place in the large well equipped activity room.

An interesting activities program delivered by the Leisure and Lifestyle team is flexible to incorporate individual interest. This program includes regular events such as a men's group, quiz shows, craft classes and the ever popular bus outings to resident selected venues.

An active volunteer auxiliary assist and provide support with both group and individual activities.

A 50's style lounge transports residents to their childhood providing an opportunity to reminisce about their past with family and friends.

A physiotherapist, therapy assistant and massage therapist provide allied health services to residents in the "Wellness Centre".

Key features:

- Wellness Centre
- Dining room with views of the Tamar River
- Home cooked meals
- Small and large lounge areas
- Large well-equipped activity room
- Fully stocked reading room
- Multi-denominational Chapel
- Kiosk
- Outdoor courtyard and BBQ area
- Visiting Hairdresser

