



Residential  
Care

# Glenara Lakes Youngtown



Feel right at home.



Southern Cross Care  
(Tasmania) Inc.

# Welcome to Glenara Lakes

Glenara Lakes residential care is located within the Glenara Lakes Lifestyle Village which adds to the vibrancy of this caring community

Enjoying expansive rural views and spacious grounds, Glenara Lakes residential care is welcoming and warm, with many opportunities for social activities.



## Food

Dining at Glenara Lakes is varied and inclusive of all cultural, dietary and lifestyle requirements. We offer a daily choice of menu options\* across three set mealtimes, as well as morning, afternoon tea and supper. At any time during the day our residents have access to hot and cold beverages fruit and lighter snacks.

- Breakfast – Continental (cereals, porridge, fruit, toast) buffet breakfast, plus one hot option daily\*.
- Morning & Afternoon Tea – Fresh baked items or biscuits at each
- Lunch – Two-course sitting with two main course options\*
- Dinner – Two-course sitting with one hot option + Salads, sandwiches
- Supper – Fresh-cut sandwiches or biscuits

All meal options are prepared by chefs\* with extensive experience and a passion for creating wholesome cuisine from local ingredients, where nutrition and presentation are both paramount.



## KEY FEATURES AND ADDITIONAL SERVICES

Dining room with mountain views and access to fragrant garden

Lounge with fireplace and garden access

Wellness Centre

Swimming pool

Gym

Well managed library with computer kiosk\*

Nutritious, fresh seasonal menus

Large well-equipped activity room

Multi-denominational Chapel

Café

Bus to take residents shopping and on outings\*

Hairdresser\*

Visiting beautician\*

Pastoral care support\*

Nursing staff 24/7

Allied health services such as physiotherapy

Dedicated Montessori Memory Support Unit

\*These services are included in our Star Service offering and attract a daily fee.



## Activities and Lifestyle

Glenara lakes is known for its warm, welcoming atmosphere and truly personalised approach to care. Whether it's joining in the fun and laughter with group activities, or soaking up the sunshine, there are plenty of options for residents to do the things they enjoy.

From scenic drives through the countryside, shopping trips or picnics in the park\*, there's always an activity to join if you choose to do so. Our Leisure & Lifestyle Officers love what they do, and it shows. They provide meaningful occupations and activities as an option to all our residents to engage. These can vary in frequency and type and are inspired by an individual's preferences or social interests. Engagement is proven to positively flourish an individual's health and wellbeing is a crucial element in our person-centred care model.

## Respite Care

Respite care is a short-stay solution that can be planned ahead, or in the case of an emergency, last-minute or unplanned. Short stays are a great solution for individuals seeking support following post-operative or hospital care, or whilst their regular caregiver takes a break. Respite care can also be used as a way of introducing long term care to a loved one. Many of our beloved residents were introduced to us for two weeks respite care and loved it so much they decided to stay!



## Accommodation

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16 Standard rooms

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60 Superior rooms

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12 Premium rooms

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Your room is your own private space, so you can decorate it with your favourite pictures and ornaments.

### Standard

These rooms are located in a dedicated accommodation wing providing secure accommodation for people living with dementia.

- Rooms are 17m<sup>2</sup> and have a private ensuite
- Several sitting rooms and main sitting room
- Large secured garden courtyard
- All rooms have a garden outlook

### Superior

These comfortable rooms are 21.2m<sup>2</sup> plus private ensuite.

- Personally controlled heating and cooling
- Easy access to small sitting rooms with tea making facilities
- Level access to gardens and courtyards

### Premium

These spacious rooms are 23m<sup>2</sup> plus private ensuite.

- Personally controlled heating and cooling
- Personal kitchenette in room
- Easy access to small sitting rooms
- Level access to gardens and courtyards
- Easy access to small sitting rooms



# Feel right at home.

Southern Cross Care Tasmania is proud of our track record of over 50 years as a leading provider of aged care accommodation and services in Tasmania. We are a wholly Tasmanian, not for profit business employing over 1100 staff who provide care, support and compassion to those in need.

In the Spirit of Christ and in the tradition of the Catholic faith we value integrity, respect and compassion, and our range of services are designed to make you feel right at home.

## Basic Daily Care Fee

The Basic Daily Care Fee covers your day-to-day living costs in residential aged care such as standard meals, cleaning, and laundry, heating and cooling.

The Basic Daily Care Fee is set by the Federal Government, is the same in every residential facility and is calculated as 85% of the single person rate of the basic age pension. It is indexed with the age pension (it increases when the aged pension increases) and is adjusted every March and September.

## Additional Services

Southern Cross Care provides additional services for a small daily fee on top of the Basic Daily Care Fee, to support our residents' lifestyle and wellbeing. Depending on the location, these additional services may include recreational activities, greater choice of meals, entertainment, outings, and other options tailored to personal preferences.

## Glenara Lakes Youngtown

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