

Apartments for Life at Ocean Street Community Newsletter



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Dear Resident

The Benevolent Society believes its ground-breaking project, now being considered by Waverley Council, will transform the way the nation approaches ageing in the 21st century.

We all know the numbers of older people will rise dramatically in the coming decades.

We are highly experienced in the area of aged care – each week we provide services to 1,500 older people that are vital to enabling them stay in their own homes.

Apartments for Life is a \$60 million project that will bring great benefits for the people of Waverley.

Central to the project is a vibrant community hub so residents stay connected with others and with family and friends. Half the site will remain green open space, which Waverley residents will be able to access and use.



This project will allow older residents to move out of increasingly unsuitable housing into a more age-friendly environment, while also freeing up housing for younger families.

Ninety-five per cent of Apartments for Life residents will be able to stay in their homes until the end of life, and remain in their familiar neighbourhood, where they can continue to contribute to and be a part of the community. Forty per cent of the apartments will be made available at subsidised rates for Waverley residents who are pensioners or on very modest incomes with limited assets.

The Society will operate Apartments for Life and continue to own the land.

Already some 180 people in the Eastern Suburbs have expressed their interest in this innovative form of care and accommodation.

Yours Sincerely

Richard Spencer
Chief Executive Officer

Projects like Apartments for Life are exciting great interest in many overseas countries among older people, governments and aged care experts. In the UK, for example, they are known as 'extra care housing'. As at Apartments for Life at Ocean Street, an older person moves into an apartment or townhouse designed for older people and, when needed, obtains care services to support them to stay living there and avoid another move to a nursing home.



Engaging facilities

- Residents will be able to get meals at the café, or brought to their apartment.
- There will be a day centre for people with dementia where they can go for the day, be safe and, if they live with a partner, give him or her a break.
- Visiting health professionals will have rooms in Scarba House, for example, a doctor or podiatrist, diabetes and arthritis self-management programs.
- There will be rooms of various sizes for club meetings, exercise and social activities – available to the local community as well as residents.
- There will be a program of social and recreational activities, such as gentle exercise classes, community gardening groups, and activities involving local schools.
- A minibus will be available for trips and outings.

There is a difference

Other purpose-built retirement housing complexes may include some of the AFL features, but certainly not all of them.

- Many retirement villages require people to move elsewhere when their health declines and they need more than modest or occasional assistance.
- Some retirement villages are very cut off from the communities around them, adding to residents' isolation.
- Nursing homes can be highly regulated institutions with rules that limit older people's choices about how they'd like to live. Older people typically describe the difference between nursing homes and Apartments for Life by saying that staying in their own homes allows them to 'maintain their dignity'.

For more information see www.bensoc.org.au and click on Apartments for Life at Ocean Street, or contact Lindy Ryan, The Benevolent Society: 9339 8000 or oceanstsite@bensoc.org.au