

# Apartments for Life at Ocean Street

## Community Newsletter

Issue No. 18 September 2009

### Dear Resident

Our Apartments for Life project will make a significant difference to the lives of older people in Waverley. It is not a profit making exercise and, despite claims to the contrary, it is not a commercial development.

We are Australia's first and oldest charity with a track record of nearly 200 years of community service. From our earliest days we have supported the needs of older people, particularly older people most in need. Apartments for Life continues that great tradition and that contribution to the Waverley community.

In reaching our design we considered all the people involved, and have tried to take everyone's situation into account.



Clearly some people will be affected. But, on balance, we remain convinced that the design of the project is the most appropriate and responsible model possible and one that will generate sustained, widespread benefits for Waverley.

Apartments for Life offers a solution to a pressing social issue: providing a combination of suitable housing and care for our increasingly ageing population, with a sizeable proportion of affordable housing to help older people stay in their own community.

Yours Sincerely



Richard Spencer  
Chief Executive Officer



## Age-friendly accommodation

Our proposed complex differs from the usual retirement village approach by combining purpose-built 'age-friendly' housing which promotes self-care, mutual care from informal sources (family, friends, neighbours), and community-based care services delivered in the older person's home. Residents will have the assistance of a professional on-site management team to help coordinate their care.

Some \$500,000 annually has been budgeted to pay for staff with experience and skills in supporting older people in their homes.

Staff will have in-depth knowledge of all the different support services and benefits available to older people in the area. They will be there to help residents get the care and support they need, when the time comes. For example, to help them work out what sort of help would suit them best, to contact and negotiate with health and care services on residents' behalf. A wide range of care services could be organised including house cleaning, nursing care, assistance with showering, shopping, help with meals, transport and so on.



## Community of choice

The Society believes all older Australians are entitled to adaptable, affordable and accessible housing options in their community of choice.

Waverley Local Government area has a large population of older Australians. Some 6,000 people, 10 per cent of Waverley's population, are aged over 70. This compares with 8.9 per cent for this age group for all of Sydney.

Formal polling clearly shows that older people, including Waverley residents, want other accommodation alternatives for when they get too old to fully look after themselves or when their current home becomes unsuitable.

Apartments for Life will provide more options for older residents of Waverley who wish to continue living in their familiar community, close to their established networks of friends, family and services, but are finding it difficult to stay living in their current home due to declining health and other factors.

By staying in their familiar community in a purpose-built apartment, older people will avoid:

- the social isolation that often accompanies a move to a new location or nursing home
- becoming 'shut-in' because stairs or access difficulties in their existing home mean it is too hard to get out.

**For more information see [www.bensoc.org.au](http://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](mailto:oceanstsite@bensoc.org.au)**