

AGEING WELL IN YOUR COMMUNITY

Information Booklet



DISCLAIMER FROM CONSUMER INFORMATION BOOKLET

The information in this directory is continuously changing. If you have a new group to add to the directory or need to change the details of an existing activity or group, please contact info@tbcc.org.au

When TBCC is notified of a change of details, they will update the information in this booklet.

The Australian Government subsidises a range of aged care homes in Australia.

This means affordable care and support services can be accessed by those who need it. The subsidies are paid directly to the aged care home. The amount of funding that a home receives is based on:

- an assessment of your care needs by an independent assessor
- how much you can afford to contribute to the cost of your care and accommodation (using a means assessment)

To get the funding, subsidised aged care homes have to meet Aged Care Quality Standards to ensure quality care and services are provided.

Need some help?

If you need some help, the My Aged Care team can answer most of your questions over the phone. **Call 1800 200 422**

An advocate for my rights

Advocacy services ensure that the rights of anyone receiving or seeking aged care services are supported. They also make it easier to make decisions about care. Read more about advocacy at <https://www.myagedcare.gov.au/advocacy>

Someone to talk on my behalf

A family member or friend can speak on your behalf by becoming your representative.

Read more about representatives at <https://www.myagedcare.gov.au/arranging-someone-support-you>

Support for all

Information and support is available to help people of all backgrounds, languages and situations to access the help they need. This includes LGBTI, Aboriginal and Torres Strait Islander people, veterans, and more. Read more about accessible support at

<https://www.myagedcare.gov.au/accessible-all>

ACTIVITIES AND PROGRAMS

Keeping active - contact your local Council for more information on upcoming events.

Connect in Popular Older Adults' Fitness Classes and Programs.

Discover a range of exercise-to-music classes tailored specifically to the needs of older adults aged 60 years and over, as well as classes suitable for individuals with specific health conditions.

Find a safe, fun, low-impact, and easy-to-learn class designed to allow each participant to start slowly and progress at their own pace, regardless of their individual fitness level or physical ability. Classes offer all the necessary care and hands-on support participants need to exercise safely whilst maximising the physical and mental benefits of every workout.

Disclaimer: Please consult with your healthcare professional before starting any new exercise program. Participation in any exercise or exercise program carries the potential for physical injury. You should be in good physical condition and able to participate in the exercises. By engaging in this exercise or exercise program, you agree to do so at your own risk, voluntarily participating in these activities, and assuming all risks of injury to yourself.



INFORMED AND INVOLVED

Need Aged Care? Six steps to aged care services

1. Contact My Aged Care

To access most Government-subsidised services, you must first register with My Aged Care. Either call **1800 200 422** or visit: <https://www.myagedcare.gov.au/assessment/apply-online>

My Aged Care provides information for both Government-funded and private services and is available in languages other than English, as well as in other formats for individuals with hearing difficulties or vision impairments.

2. Provide your details

Have your personal information ready, including:

- Your full name and address;
- Date of birth;
- Telephone number; and
- Medicare/Pension number.

3. Explain your needs

You will be asked a series of questions about your daily life. Your responses will help determine the services you require, whether you are seeking support at home, residential aged care, or respite for carers. You will also receive a referral code; be sure to record this code for future reference.

4. Get assessed/approved to receive aged care services

You can apply for an assessment online by [clicking here](#) or visiting their website at <https://www.myagedcare.gov.au/assessment/apply-online>. A trained Assessor will schedule an appointment with you. When the Assessor visits they will be wearing a name badge. Always ask for identification.

5. Await your referral

My Aged Care or your assessor may then refer you for aged care services. While you are waiting, research local providers to determine who best meets your needs. Utilise the My Aged Care [Find a Provider tool](#) or visit <https://www.myagedcare.gov.au/find-a-provider> to compare provider information, including fees, consumer contributions, and reviews, to decide which services to choose.

6. Get the most from your services

There are a few aspects of your aged care services that you can change depending on your situation and needs:

- When your services are delivered - for instance, if you're going on holiday
- What services you receive - if your needs change while you're receiving care
- Your service provider - if you need to change providers for a particular reason.

What if I have concerns?

Your provider has a responsibility to respect your rights and provide you with quality services. Find out more here: [what you should expect](#) or visit <https://www.myagedcare.gov.au/quality-aged-care>

If you are concerned with the service you are receiving, find out what steps you can take and how you can [make a complaint](#) or visit: <https://www.myagedcare.gov.au/contact-us/complaints>

What is the difference between a retirement village and a lifestyle village?

While both retirement and lifestyle villages tend to offer similar housing options and services, the distinction between them lies in the legal and financial structures of the village. These structures can vary significantly depending on the state and territory legislation in place. Therefore, it is essential to do your homework when making a choice to ensure that you fully understand both your rights and responsibilities as well as those of the operators. Contracts, funding models, and expectations can vary widely. If necessary, seek professional legal and financial advice regarding the legal structures and financial costs involved to ensure you comprehend the terms before moving into a retirement or lifestyle village.

What is the difference between a retirement village and aged care?

Retirement villages offer an independent lifestyle for individuals who do not require additional living assistance. Some retirement villages also provide 'assisted living' units where extra care (low-level care) is available for a fee. This service can provide a comfortable, safe, and active environment for those who need some daily care in the years to come.

Residential Aged Care (Nursing Home) provides clinical and personal assistance on a full-time basis. Residential Aged Care homes offer suitable living arrangements for seniors who can no longer live independently.

Guide to aged care, home care, retirement living and disability support

A digital version of the latest Murraylands Guide to Your Retirement Living, the go-to resource for retirees considering transitioning from the family home to more suitable options for their current lifestyle. It lists more than 1,000 retirement communities across Australia.

Learn about various considerations when selecting accommodation and care options in later life, or use the comprehensive directory to find a nursing home, home care support, retirement village, or products and services that best suit your needs.

The National Guide provides in-depth information on the legal, financial, and social aspects to consider when evaluating retirement living options.

View the Guide to [Your Retirement Living](#) or visit:

https://issuu.com/dpspublishing/docs/yrl_2019?fr=sY2ZiMjQ2NjUyNg



RETIREMENT VILLAGES

MURRAY BRIDGE

Murraylands Retirement Village

5 Pugh Avenue, Murray Bridge SA 5253

- Phone: (08) 8532 5499
- Fax: (08) 8532 5035
- Website: <https://www.murraylandsretirementvillage.com.au/>
- Email: manager@murraylandsretirementvillage.com.au

Murray Bridge Lutheran Villages

Swanport Village

51 Owl Drive, Murray Bridge SA 5253

- Phone: (08) 8532 4260
- Website: <https://mblvillages.com.au/>
- Email: retire@mblvillages.com.au

Murray Heights Village

7 Duldig Road, Murray Bridge SA 5253

- Phone: (08) 8532 4260
- Website: <https://mblvillages.com.au/murray-heights-village/>
- Email: retire@mblvillages.com.au

Waterford Estate

55 Long Island Road, Murray Bridge SA 5253

- Phone: (08) 8531 3630
- Website: <https://www.rslcaresa.com.au/>
- Email: warvets@rslcaresa.com.au

Warner Close Retirement

18 Warner Road, Murray Bridge SA 5253

- Phone: (08) 8532 2255
- Website: <https://warnercloseretirementliving.com.au/>
- Email: info@warnerclose.com.au

INDEPENDENT LIVING RETIREMENT VILLAGES

KAROONDA

Karoonda East Murray District Council (KEMDC)

Herrmann Retirement Village

- Phone: (08) 8578 1004
- Website: <https://www.dckem.sa.gov.au/community/district-services/housing>
- Email: council@dckem.sa.gov.au

MANNUM

Aminya Village - Mid Murray Homes for the Aged Inc.

14 Adelaide Road, Mannum SA 5238

- Phone: (08) 8569 2707
- Website: <https://www.aminya.org.au/>
- Email: admin@aminya.net.au

MENINGIE

Jallarah Homes Inc.

10 South Terrace, Meningie SA 5264

- Phone: (08) 8575 1317
- Website: <http://www.jallarah.com.au/>

TAILEM BEND

Taberefta Homes for the Aged Inc

8-12 Pontt Street, Tailem Bend SA 5260

For enquiries please contact the Adelaide Benevolent Society

- Phone: (08) 8231 5321
- Website: <https://www.coorong.sa.gov.au/community/community-wellbeing/aged-care-facilities>

TINTINARA

Tintinara Aged Homes

Wendt Terrace, Tintinara SA 5266

- Phone: (08) 8757 2157

The Coorong District Council owns four aged home units located on Wendt Terrace, Tintinara, of which two are resident-funded and two are subject to rental agreements. The units are managed by the Tintinara Aged Homes Committee, which is a Section 41 Committee of Council under the provisions of the Local Government Act 1999.

RESIDENTIAL CARE

MURRAY BRIDGE

Lerwin Nursing Home

67 Joyce Street, Murray Bridge SA 5253

- Phone: (08) 8539 1185
- Website: <https://www.murraybridge.sa.gov.au/services/your-community/services-for-the-community/lerwin>
- Email: lerwin@murraybridge.sa.gov.au

Romani Aged Care

40 Tumbella Drive, Murray Bridge SA 5253

- Phone: (08) 8379 2600
- Website: <https://www.rslcaresa.com.au/residential-aged-care/romani-murray-bridge-residential-aged-care/>
- Email: warvets@rslcaresa.com.au

Resthaven

53 Swanport Road, Murray Bridge SA 5253

- Phone: (08) 8532 9800
- Website: <https://www.resthaven.asn.au/care-homes/resthaven-murray-bridge/>

KAROONDA

Karoonda Hospital - Kadistra Aged Hostel

13 Stokes Road, Karoonda SA 5307

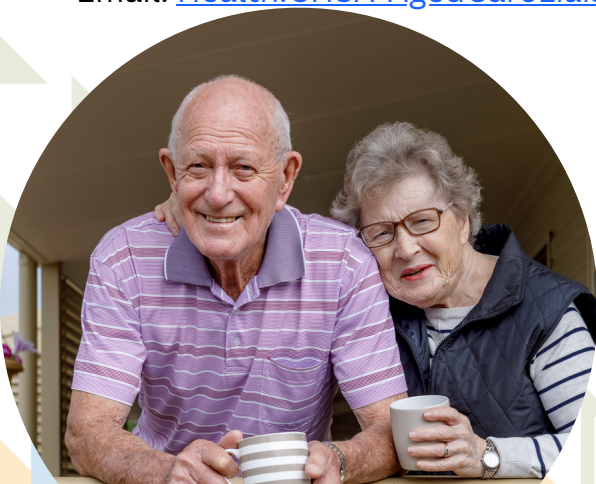
- Phone: (08) 8579 1111
- Website: <https://countryhealthconnect.sa.gov.au/residential-care-riverland-mallee-coorong/>
- Email: Health.CHSA-AgedCareLiaisonOfficers@sa.gov.au

LAMEROO

Country Health Connect

1a Vardon Terrace, Lameroo SA 5302

- Phone: (08) 8476 4660
- Website: <https://countryhealthconnect.sa.gov.au/residential-care-riverland-mallee-coorong/>
- Email: Health.CHSA-AgedCareLiaisonOfficers@sa.gov.au



RESIDENTIAL CARE

MENINGIE

Jallarah Homes

10 South Terrace, Meningie SA 5264

- Phone: (08) 8575 1317
- Website: <http://www.jallarah.com.au/>

Coorong Health Service - Meningie Campus (previously Meningie Hospital)

1 South Terrace, Meningie SA 5264

- Phone: (08) 8575 2777
- Website: <https://countryhealthconnect.sa.gov.au/residential-care-riverland-mallee-coorong/>
- Email: Health.CHSA-AgedCareLiaisonOfficers@sa.gov.au

TAILEM BEND

Tailem Bend District Hospital

74 Princes Highway, Tailem Bend SA 5259

- Phone: (08) 8572 5800
- Website: <https://countryhealthconnect.sa.gov.au/residential-care-riverland-mallee-coorong/>
- Email: Health.CHSA-AgedCareLiaisonOfficers@sa.gov.au

PINNAROO

Pinnaroo Soldiers' Memorial Hospital

Bundey Terrace, Pinnaroo SA 5304

- Phone: (08) 8572 5800
- Website: <https://countryhealthconnect.sa.gov.au/residential-care-riverland-mallee-coorong/>
- Email: Health.CHSA-AgedCareLiaisonOfficers@sa.gov.au



Volunteering is a wonderful opportunity to contribute to your community, meet people, and feel a sense of belonging.

Volunteering can provide a sense of purpose and achievement, helping you feel like an integral part of the community and enhancing your self-esteem. You can share your talents and acquire new skills while making new friends, which can also alleviate feelings of loneliness. For older people and those living with disabilities, companionship and social interaction can be life-changing. In residential aged care homes and supported disability houses, volunteers often come solely to provide social engagement, including one-on-one visits, playing board games, or offering cultural support.

In South Australia, 17% of the population reported engaging in some form of voluntary work in 2021, a higher proportion than the national average of 14%. It's worth noting that volunteer numbers for the 2021 Census declined in many parts of Australia due to lockdowns and COVID-19 distancing measures.

Ever thought about volunteering but don't know where to find information?

You can drop by your local hospitals, aged care facilities, Council, or Community Centre to enquire about available opportunities.

Volunteering SA&NT connects individuals and organisations to create positive volunteering experiences. They collaborate with almost one million volunteers and all organisations that involve volunteers. To discover local organisations seeking volunteers, please visit their website <https://vsant.org.au/>

Aged care volunteers, in particular, play a valuable role in making a positive difference in the lives of older Australians. They assist with leisure and other activities, help access community services, and handle administrative tasks. There are plenty of aged care volunteer opportunities for people to get involved in and help residents stay socially connected.

So what are some of the benefits of volunteering?

1. You get to meet new people

If you become an aged care volunteer, there's no doubt about it – you'll meet new people and make new friends. You'll have the opportunity to interact with various individuals, including fellow volunteers, care centre staff members, and allied health professionals. And, of course, you'll not only meet but also form positive connections with residents and their families.

2. Share your skills and knowledge

We all have skills, wisdom, and stories that we accumulate over time, regardless of our age. As a volunteer in aged care, you'll have plenty of opportunities to share your unique wealth of knowledge.

Are you a good listener? Do you have a drivers licence? Do you enjoy running activities? Are you well-organised? Volunteering in aged care could be the perfect fit for you. These are just a few of the skills that aged care organisations are seeking when recruiting volunteers.

Working in an office may have equipped you with the skills necessary to provide administrative support in a residential aged care centre. A life filled with travel would provide you with countless stories to share as you offer companionship to residents. Raising a group of teenagers has likely made you quite tech-savvy, allowing you to assist residents in staying socially connected with their family, friends, and community through their smart devices.

3. Learn new things

Just as you possess a unique set of skills, when you volunteer in aged care, you will have the opportunity to meet a diverse group of people with different backgrounds, interests, and opinions.

If you choose to become an aged care volunteer, be prepared to interact and learn from some genuinely interesting individuals who are eager to engage in conversations about their day, their interests, and current events.

What better way to hear someone else's history and life stories and broaden your horizons by learning about experiences you have not encountered before than through volunteering in your community? Moreover, to become a volunteer, some training is necessary, providing you with the chance to expand your professional skill set as well.

4. Improve your wellbeing

A study by Volunteering Australia shows that volunteering is associated with better perceived mental well-being and happiness. Donating one's time can provide a sense of personal satisfaction, greater social interaction and connectedness, and a more positive emotional state. The research also found that volunteering gives individuals a sense of purpose and a defined, meaningful role in society, especially for older people or those experiencing unemployment.

5. Give back to the community

Aged care volunteering is an excellent way to contribute to your local community. Volunteers hold a special place in any aged care centre's team, especially in a not-for-profit organisation, as they can assist in personalising the care needs for every resident by delivering various activities. As a volunteer, you may also help with specialist programs designed for residents, offering diverse experiences, both in groups and individually, including those residents with dementia or special needs.

According to the Australian Institute of Health and Welfare in Australia, volunteers provide substantial benefits to their communities. Organisations report that volunteers bring new insights, enhance the organisation's image, increase operational efficiencies and volume, and improve overall effectiveness.

