

Exploring the options for seniors' living

Independent living, assisted living or residential aged care? A special information session at The Alba will help explain.

As modern life becomes more convenient, the number of new options available to us can sometimes feel a little confusing.

Seniors have never had more choices for living arrangements suited to their own specific needs as new categories of care emerge.

A recent evolution in the sector is “assisted living”, and The Alba sales manager Martine Vance knows that not everybody understands what this actually entails.

“For many people, their understanding of seniors’ living is that you can either live at home, arrange in-home care services or go straight to aged care. But that’s not the truth!” she says, explaining that assisted living is independent living with support.

“Think serviced apartments, but for like-minded seniors,” Vance says.

The Alba is part of Australian Unity’s Albert Park Lake community in South Melbourne, and has been carefully designed to provided support, care, accommodation and services to seniors.

Australian Unity calls its assisted-living options at The Alba “easy living apartments”. In the recently refurbished building, these self-contained apartments have small but full kitchens and laundry facilities, with Fisher & Paykel and Smeg appliances, plus open-plan dining and lounge spaces, and many also have a balcony from which to enjoy lake and city skyline views.



The Alba’s rooftop terrace is just one of many amenities provided at Australian Unity’s Albert Park Lake community.

“At The Alba, our easy-living one- and two-bedroom apartments offer premium accommodation,” Vance says. “They have been designed to be easy, safe and convenient for older people, so there are no steps or narrow corridors and doorways, and each apartment is spacious and light-filled.

“They also come with a range of tailored support services, including laundry, ironing, maintenance requests and cleaning.”

On the lower floors are The Alba Aged Care Suites, which are a mix of residential aged care suites and premium apartments offering permanent, respite, palliative and memory support care.

Immediately next door is The Grace, Australian Unity’s award-winning independent-living apartments.

To explain how these options differ, Australian Unity is holding an information session at The Alba at 1pm on Wednesday, April 24. Vance says they will “talk through the accommodation, shared spaces, services and how to work out what is suitable for you and your lifestyle” and will also break down the types of fees.

Shared spaces at The Alba include a cinema, library, arts and crafts space, lounge and bar, multifith space, wellbeing studio (with hair and beauty salon, gym, consulting suites and outdoor terrace) and a Healthy Ageing Studio for wellbeing classes.

Residents of both The Alba and The Grace, plus their family and friends, also have access to the Level 15 Restaurant, which is run by Curtis Stone Events, a com-

pany that also manages the Corner Stone Cafe at street level.

This on-site restaurant is another way residents can enjoy “easy” living, Vance says. “Residents can have the option of three, five, seven or 14 meals per week cooked fresh for them. There’s also the option of purchasing breakfast boxes for your room.”

She encourages seniors to attend the information session on April 24, saying, “Not many people realise that there are alternatives to residential aged care, so we want to try and break the stigma, while also educating everyone about what’s on offer.”

People considering retirement community living should seek professional, independent financial and legal advice.



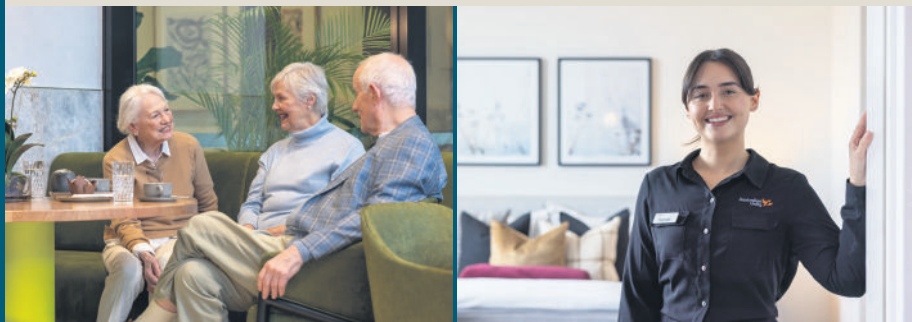
Unpacking Seniors' Living

Wednesday 24 April, 1pm

The Alba

114 - 128 Albert Road, South Melbourne

RSVP by 17 April, thealba.com.au or call 0477 775 786




THE ALBA
ALBERT PARK LAKE

Want to learn about seniors' living? Join us at The Alba and discover the differences between independent living, easy living (Australian Unity’s take on assisted living) and aged care. Hear about the lifestyle, shared spaces and apartments, plus the services and support. If you’re wondering what type of seniors’ living is right for you, we’ll cover that, and costs, too. Come, learn and leave better informed after our Unpacking Seniors’ Living Event!

thealba.com.au

Australian Unity
Real Wellbeing

Albert Park Lake Community, 114 — 128 Albert Road, South Melbourne