



# Residential Aged Care

The Acacias & Stringybark Lodge  
Information for prospective residents

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# Welcome

**We are delighted that you are considering Beechworth Health Service (BHS) Residential Aged Care for either yourself or a family member as a place to live. We have been providing health care for more than 150 years to the people of Beechworth and our surrounding communities. Our residential care services are complemented by acute and primary health services.**

Our facility comprises The Acacias – a 30 bed for people who require high level nursing care and Stringybark Lodge - a 30 bed low care unit for people who are more independent and require less nursing care.

In The Acacias all of the rooms are single rooms with en-suite bathrooms. There are two of these rooms that share a bathroom, suitable for couples.

In Stringybark Lodge most of our rooms are also single rooms with a private bathroom. Six rooms are adjoined to share a bathroom, which are suitable for couples who may be considering entering aged care together.

Both the Acacias and Stringybark Lodge have plenty of shared spaces for activities and meals. Indoors, residents can spend time in the lounges, sitting and dining room, or enjoy the privacy of their own room. For some fresh air and sunshine, residents can choose between courtyards and gardens

Our qualified team of nurses and multidisciplinary team members cater for all levels of care requirements.

We take a person-centred approach which means that your planned care and services are developed with you and your family to meet your individual needs. If, after reading this booklet and the accompanying information you have any questions or if you would like to arrange a tour of our facility then please contact us for an appointment – call 03 5728 0200.

Our homelike facilities are modern, comfortable and safe. Rooms have large windows to allow our residents to enjoy the beautiful gardens surrounding each unit which are tended to by a full time gardener.



# About our facility



## Your care

Beechworth Health Service is fully accredited to provide all levels of residential aged care (low to high care needs), as well as end-of-life (palliative) care. Qualified nursing staff engage with consumer's individual requirements so we can tailor care accordingly.

You can expect safe, effective and quality care at BHS. We provide qualified nursing and personal care staff twenty-four hours a day, seven days per week to assess and provide the care you need to maintain your independence and comfort.

Your care team will work closely with you, your family and other health professionals to optimise your health and well-being. BHS staff have access to ongoing training and undertake mandatory training annually to ensure that we maintain the highest standards.

## Medical care

Medical practitioners from the Beechworth Surgery attend on a regular basis or you can elect to see a doctor of your choice. Should you become unwell and need to see a doctor outside this day, we can arrange for a doctor to see you. You have access to a visiting Gerontologist if required upon referral by your general practitioner.

Residents are responsible for their own medical costs including ambulance transport. While most costs are covered by Medicare, residents are encouraged to consider joining Ambulance Victoria to cover any additional costs not covered by medicare or private health insurance.

## Admission requirements

To access residential aged care you are required to complete an eligibility assessment with the Aged Care Assessment Service (ACAS). This will specify the type of care approved and assist us to understand how we can best support your care needs.

Further information can be obtained from My Aged care on **1800 200 422** or visit [myagedcare.gov.au](http://myagedcare.gov.au)

## Respite care

Respite care (or short term care), is available for people with high or low care needs who have been approved for respite care by the Aged Care Assessment Team who provide your Aged Care Client Record (ACCR)/ Support Plan.

This approval will be found on your ACCR/ Support Plan.

Respite is sometimes available at short notice, however, we advise you to book in advance wherever possible by calling [03 5728 0200](tel:0357280200).

## Pharmacy

The local Beechworth Pharmacy delivers individual consumer medication packs on a weekly basis and also reconcile prescribed medication with medication charts fortnightly.

Residents are responsible for the cost of their medications.

## Other services

### **Hairdresser**

A hairdresser visits weekly and is available to all residents by appointment. Residents are responsible for the cost of their hairdressing appointments.

### **Allied Health**

Allied health services include dietetics, physiotherapy, occupational therapy, podiatry and optometry and dentistry.

### **Transport**

Vehicles are available for resident outings. These include cars and a wheelchair accessible bus. On occasions, vehicles may be available for transport to appointments and if required, an escort provided. This is subject to availability and a cost is charged for this service.





## Feedback

**We value and welcome feedback so that we know what we are doing well and what opportunities there are for improvement.**

There are a number of ways for residents, their family and friends to provide feedback including:

- Attending resident and friends meetings
- Talking to a care team members
- Filling out a Feedback Form

## Want to know more?

Please feel free to contact us for further information and to arrange a tour. We would love to show you around our facility, call [03 5728 0200](tel:0357280200).

To find out about the cost of entering aged care you can visit the BHS website.

[www.beechworthhealthservice.com.au](http://www.beechworthhealthservice.com.au)





# Innovations

## Community street development

BHS has received a \$600,000 grant from the Andrews Labor Government to develop an innovative 'Community Street' that will improve the residential aged care experience and increase the connection between residential aged care and the community.

BHS is currently at the planning stage in consultation with the community.

## Walking track

BHS is currently planning for a new outdoor garden walkway for residents and their family and friends.

This will link up the two BHS aged care facilities and enhance the experience for aged care residents. The walkway will enhance the Community Street project.

## Montessori approach

### A new model of care

In 2015-2016 we implemented a new model of care, aimed at enhancing the quality of life for all residents.

The model of care is based primarily on the Montessori principles specifically targeting residents living with dementia.



# Activities

At BHS we provide a great sense of community and belonging, in a relaxed and welcoming atmosphere. Our homely environments are friendly, safe and fun.

The leisure and lifestyle team and volunteers will support you to live as independently as possible and to do the things you want to do. The team will plan activities with you that focus on your interests and hobbies.

We work with residents to understand their individual preferences and hobbies in order to continue activities long established prior to moving into The Acacias or to Stringybark Lodge. We recognise and appreciate such a move can be unsettling for both our consumers and their families and look to make this transition as comfortable as possible.

A relatives and friends meeting is held bi-monthly providing an opportunity to discuss the leisure and lifestyle program. A quarterly newsletter provides an update on what has been happening.

**A diverse activities program offers something for everyone. Some of the services offered include:**

- Library services
- Group social & recreational activities
- Exercises
- Newspapers and current affairs discussion
- Quizzes, bingo & games
- Music & performances
- Outings
- Visits from local school children
- Scenic drives
- Church services
- Gardening
- Cultural celebrations
- Memoir writing
- Happy hour



Wifi is available throughout the facility.





# Menus

## Resident meals

**Fresh meals, including morning and afternoon tea are planned in consultation with an Accredited Practising Dietician and Speech Pathologist.**

We offer multiple options at every meal, with regular menu rotations and regularly consult with our residents on menu choices. Dietary requirements (e.g. diabetic-friendly or gluten-free alternatives) and cultural preferences are catered for.

At BHS our meals are cooked fresh each day in our kitchen using fresh produce, with bread baked fresh daily from the local bakery.

Menus are provided and residents select from a range of meal choices. These include themed meals which are held regularly and in the warmer months we have regular barbeques in our gardens.



Families are always welcome to join us for a meal, please organise in advance and a small fee is charged.

# Pricing

The costs of residential aged care are made up of a number of parts. Depending on your situation you may be asked to pay one or more of following costs:

## A Basic Daily Fee

This is a fee that every person pays towards the cost of their services.

Daily care fees change twice a year and are set by the Department of Health and Ageing.

## A Means Tested Fee

This fee is determined by the Department of Health and Ageing based on your income and assets assessment. The amount is determined by them after an income and asset assessment.

Although this fee is collected by the aged care home it is paid to the government as a contribution towards the care you receive

## Refundable Accommodation Deposit

This is the cost associated with the accommodation, including the room that you will occupy. For some people this cost is met in full, or in part by the government (based on an assessment of your income and assets).

This is a lump sum amount which is refundable after departure.

To find out about the fees you can visit the Beechworth Health Service website:

[www.beechworthhealthservice.com.au](http://www.beechworthhealthservice.com.au)

Alternatively, you can contact us to make an appointment.



Phone  
03 5728 0200



Email  
[info@beechworthhealth.org.au](mailto:info@beechworthhealth.org.au)

# Contacts

## General Enquires



Phone

03 5728 0200



Email

info@beechworthhealth.org.au



Address

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PO Box 20 Beechworth VIC 3747



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Office Hours

8.30am to 5.00pm Monday to Friday





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HEALTH SERVICE**