

2010/2011

# RETIREMENT HOUSING GUIDE

FOR OLDER RESIDENTS



Warringah Council



PITTWATER  
COUNCIL

## ABOUT THIS GUIDE

Manly, Warringah and Pittwater Councils have produced this guide for older people.

Every effort has been made to ensure that the information in the Guide is up-to-date and useful. Any further suggestions or enquiries can be directed to the Aged Services Workers at your local Council as follows:

- ✧ Manly Council Ph. 9976 1562
- ✧ Pittwater Council Ph. 9970 1199
- ✧ Warringah Council Ph. 9942 2563 or 9942 2560

The three Northern Beaches Councils also produce a comprehensive guide for seniors in partnership with New Choices for Retirement. The Northern Beaches and Forest Seniors and Care Guide lists services, benefits and activities for seniors. These include those which provide support to older people and people with a disability to enable them to continue living in their own home with services such as cleaning, gardening, transport and nursing.

The Northern Beaches and Forest Seniors and Care Guide can be obtained from the Aged Services Workers, Councils' Customer Service Centres, Libraries, Community Centres and many other outlets throughout the community.

A modified version of this Guide can be found of the following Council websites:

- Manly [www.manly.nsw.gov.au](http://www.manly.nsw.gov.au)  
Click on Community Services, Aged and Disability Services, Publications
- Pittwater [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au)  
Click on Community, Older People
- Warringah [www.warringah.nsw.gov.au](http://www.warringah.nsw.gov.au)  
Click on Services, Aged Services

*Note:*

*All information is supplied by individual service providers and no guarantee can be given as to its accuracy. All details are subject to change without notice. Inclusion of a facility or service does not imply endorsement or recommendation.*

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## INTRODUCTION

When you retire, you may face major decisions about your lifestyle and housing needs.

It is recommended that you look into your future physical, social and financial needs in order to plan for the way you spend your retirement years.

Research is the key to planning and making decisions. Information and services are freely available to assist you in making these decisions and we recommend that you spend time looking into all your options.

This guide identifies the choices available for retirees over the age of 55 and suggests various publications and agencies that can assist you.

If you decide to remain in your own home, there may come a time when some support from community services could help you to stay there. For example, you may need to modify your home, or get help with the garden or cleaning. If you decide to move into a retirement village or an aged care facility, it is important that you visit a number of villages, work out your ongoing financial commitments and talk it over with appropriate advisors.

Whatever your choice, it is best to explore all the possibilities while you are still active and healthy!



## HOUSING OPTIONS TO CONSIDER

### 1. Housing options for Pensioners without their own home

You could:

- Apply for Housing NSW accommodation;
- Share your rental accommodation with a flat mate;
- Apply for retirement village accommodation provided by a church or non-profit organisation on a rental or entry donation basis.

### 2. Housing options if you have assets and/or own your own home

You could:

- Share your home with a tenant or boarder;
- Purchase a mobile home or caravan;
- Consider building an attached “granny flat” on your family property;
- Upgrade your home for retirement with a Home Equity Release Loan, for example a reverse mortgage (see page 12)
- Purchase a townhouse or unit in a convenient location;
- Purchase a specially designed unit (in a small complex) offering some facilities for older people, or people with a disability (known as SEPP Seniors Living 2004);
- Apply for retirement accommodation provided by a church or non-profit organisation on an entry donation basis;
- Buy a unit or serviced apartment in a ‘resident funded’ retirement village; or
- Remain in your own home and access additional support through community services if and when required.



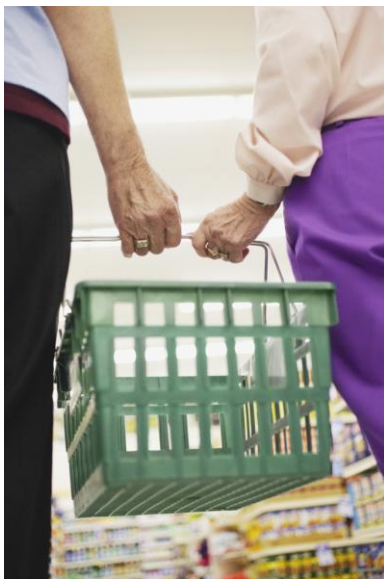
## REMAINING IN YOUR OWN HOME

If you would like to stay in your own home, there are a range of services which can assist you to do so.

The care that you receive in your home is your personal choice. However, this will also depend on the availability and cost of the local services and the level and type of care that is most suitable for you.

There are services that can assist with:

- Housework such as cleaning, washing, and ironing;
- Delivered meals (hot, cooked, chilled or frozen) and/or a weekly meal in a local community restaurant;
- Help with personal care such as showering and dressing;
- Transport either by private vehicle or community bus;
- Home maintenance and modifications such as ramps and rails;
- Garden maintenance and modifying the garden to 'easy care';
- Nursing and medication distribution.



There are several government-funded programs that provide help and support for older people and people with a disability living in their own homes. The Government funding is given to non-profit community organisations which use it to provide services at low or no cost.

These include:

**The Home and Community Care (HACC) Program** - services such as Home Care, Meals on Wheels, community nursing, respite, case management and dementia monitoring.

**Community Aged Care Packages (CACP)** - provided by church and community organisations for frailer people who have greater support needs. The packages are intended to provide personal care and other services at the level provided in a hostel while allowing the person to remain in their own home.

**Extended Aged Care in the Home (EACH)** - services equivalent to nursing home level care are provided in the home.

To find out whether you are eligible for HACC, CACP or EACH services contact:

- Your doctor
- Northern Sydney Commonwealth Carelink Centre  
Ph 1800 052 222
- Northern Beaches Aged Care Assessment Team (ACAT)  
Ph 9998 0356

To find out about other community services in the Northern Beaches area, please contact the Aged Worker at your local Council and ask for a copy of the Northern Beaches and Forest Seniors and Care Guide.

# MOVING INTO RETIREMENT ACCOMMODATION

Retirement accommodation varies greatly. Originally, church and charitable organisations provided this accommodation. However, in the 1980's private developers became involved and more luxurious retirement villages were built for asset-rich retirees (55 years plus). Retirees can purchase or lease housing within a retirement complex and the management provides various services.

## **1. What is the difference between Retirement Accommodation and Residential Aged Care facilities?**

A Retirement Village is any residential complex predominantly occupied by residents who are aged over 55 years. Residents of the complex must enter into a contract with the operator of the complex, either to occupy the premises, and/or to receive services.

Retirement villages are located across NSW and are operated by church, charitable, community as well as private operators.

A Residential Aged Care facility receives funding from the Federal government to provide support and care for frail older people who have been assessed as needing that care by an Aged Care Assessment Team. Residential Aged Care Facilities are often known as Hostels and Nursing Homes, although the government now classifies them as either Low Level (hostel) or High Level (nursing home) aged care facilities.

A retirement complex may consist of:

- Self care units only;
- Self care units with serviced apartments;
- A combination of self care units and residential care facilities such as a hostel (low level care) or nursing home (high level care).

### **SEPP Seniors Living 2004**

A newer option is smaller complexes built specifically for older people and people

with a disability. These may consist of 3 to 12 self care units, with no community facilities or very limited facilities for the residents. These complexes are known as SEPP Seniors Living 2004.

This directory does not identify this type of accommodation. You should find details about such complexes in your local paper when they are advertised for sale.

## **2. Contracts in Retirement Accommodation**

There are five types of contracts used in retirement accommodation:

### **a) Rental Agreement**

A small number of villages offer premises to rent for pensioners without assets. You sign a residential tenancy agreement and pay rent. Management decides on the amount of rent payable. If the agreement states that the village is not covered by the Retirement Villages Act, then your agreement will be covered by the Residential Tenancies Act 1987, just like rental agreements in the general community.

### **b) Loan/Licence Agreement**

Payment of a fixed up-front interest free loan (commonly known as the ingoing contribution). The retirement village generally keeps a proportion of the loan, which is normally determined by the length of time lived in the property. Recurrent charges, normally fortnightly or monthly, are also payable for maintenance and other costs.

### **c) Leasehold Arrangements**

A long-term lease of 99 or 199 years. Tenant is registered on the title deeds. Involves payment of an ingoing contribution (deposit). Recurrent charges are also payable.

### **d) Company Title**

The village is owned by a company, in which you purchase shares at market value, giving you the right to occupy the premises.

### **e) Strata Schemes**

A full title to a premise, which can be sold and bought under the same boundaries that apply to the village. Strata Levies are payable. You must enter into a service contract with the operator (in relation to management and administration of common property). When you sell you may have to pay a share of any capital gains to the operator as well as other fees and charges.

The legal structure of a contract will ultimately determine future rights and financial commitments.

It is essential that after reading the contract thoroughly, potential residents get legal advice from a solicitor who has had experience dealing with retirement housing contracts.

It is also important to get advice to clarify the immediate and ongoing financial commitment.



### **3. Levels of Care in Retirement Accommodation**

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#### ***Self care Units***

An independent or self care unit in a retirement village allows residents to live independently. Prices for the units can vary a great deal. Prices are determined by whether it is a private or not for profit village, its location, the size of the unit, and what facilities are included. In general terms, a self care unit in a village is similar to any other small home unit, with the same advantages of privacy and convenience.

If residents require personal assistance many villages have services onsite or the village management may liaise with commercial services. Government-funded Home and Community Care Services may provide support to residents in self care units. However some services have policies that do not permit this.

Private living space usually consists of 1, 2 or 3 bedrooms, lounge, kitchen, and bathroom. Some units have a garden area and other features, depending on whether it is resident funded or donor/rental funded. Services such as cleaning, nursing and meals could be available to self care residents on a 'user pays' basis.

#### ***Serviced Apartments***

This type of accommodation usually consists of a one bedroom unit or bedsitter with bathroom and limited or no kitchen facilities. Residents share dining and community facilities. Personal assistance such as meals, cleaning, laundry and emergency assistance are covered in the weekly fee. Full personal care such as showering/dressing, nursing and delivered meals may be offered on a 'fee for service' basis.

## THE RETIREMENT VILLAGE ACT

The Retirement Village Act 1999 is aimed at ensuring that older people who choose to live in a retirement village have security, peace of mind and are protected from exploitation. The Act applies to all existing and future retirement villages in New South Wales and will apply to existing contracts between the managers (operators) and the residents.

### Benefits:

- Potential residents will be given a standard disclosure statement;
- A booklet from the Department of Fair Trading explaining the industry and the rights of residents and operator will be given;
- Copies of contracts will be supplied 14 days before resident signs;
- A 7 day cooling off period will apply;
- Waiting list fee does not exceed \$200.

### Compliance with the Act will ensure:

- Each village has a correctly prepared disclosure statement with information about security, village facilities, fees and cost;
- Village contracts comply with the requirements of the Act;
- Residents committees, where they have been set up, are working effectively;
- Advertised facilities are being provided;
- Required financial statements are being provided to residents;
- Residents' consent is being obtained before yearly expenditure is incurred;
- Only approved expenditure is charged to residents.

Please note that there will be some changes to the Retirement Village Act because a new Act was passed in December 2008 by the NSW Parliament: The **Retirement Villages Amendment Act 2008**. The changes will not take effect until the proposed new Retirement Villages Regulations 2009 have been drafted. This process is still underway at the time of compiling this guide. For more information, contact the Department of Fair Trading on the number listed below.

The Department of Fair Trading administers the Retirement Villages Act and also publishes a booklet which gives prospective residents invaluable information when researching retirement villages.

The title of the booklet is *Retirement Village Living - An Overview of the NSW Retirement Village Laws*. It is available from the Department of Fair Trading and its website or your local library.

You can contact the **Department of Fair Trading** on telephone 133220 or visit their website: [www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au)

## MOVING INTO RESIDENTIAL CARE

If you decide to down size, or it becomes too difficult to remain in your own home, you may choose to research other options for your retirement accommodation.

Once people become frailer and develop more complex needs, they may be assessed as needing support by the Aged Care Assessment Team. Please contact the Northern Beaches Aged Care Assessment Team on 9998 0356.

The Government subsidises two main types of residential care. These are:

### ***Low Level Residential Care (Hostel Units)***

This level of care is usually in a hostel type environment (i.e. single rooms) for people who need assistance but do not need full nursing care.

It offers personal care services (such as showering, dressing, toileting, medications etc) as well as providing all meals and laundry services.

Other health care such as physiotherapy, occupational therapy and podiatry are often available. Some low level residential care provides access to nursing staff if required.

You may be asked to pay an accommodation bond on entering low-level residential care.

For further details on charges, contact the facility in which you are interested.

### ***High Level Residential Care (Nursing Homes)***

This care involves 24 hour nursing care supervised or delivered by registered nursing staff for frail people with very complex needs.

It includes all personal care services plus allied health services such as physiotherapy, occupational therapy, recreational therapy etc.

When entering a nursing home, an accommodation charge may be levied. The amount a person pays will depend on their assets and the particular facility.

For further details on charges, contact the facility in which you are interested.

### ***Note:***

*The term EXEMPT means a residential aged care facility (nursing home or hostel) that provides a higher level of accommodation and services. There are higher costs associated with these extra services.*

## HELPFUL SERVICES

### 1. Housing NSW

Phone 1300 HOUSING (1300 468 746) for assistance or advice when applying for social housing or for more information or visit your local office in Dee Why:

Visit: 17a/18 Ground Floor,  
818 Pittwater Road,  
Dee Why NSW 2099  
Ph: 9971 3600  
Website: [www.housing.nsw.gov.au](http://www.housing.nsw.gov.au)

As part of the **'New Directions for Older People in Social Housing'** strategy, the NSW Government is working to provide more affordable housing for older people, particularly pensioners and people on low incomes.

Housing NSW can help people by:

- Accepting applications for social housing from older people on low-incomes (*conditions apply*) and offering priority housing to people over 80 years of age (*visit your local Housing NSW office to lodge an application form*);
- When eligible, offering Rentstart (rental bond and advance rent) for older people who wish to rent in the private market;
- Offering a special assistance subsidy for people with a disability to help with rent in the private market.

It is advisable to register with Housing NSW as early as possible, so they are aware of your need. Do not be deterred by long waiting lists as you could be entitled to assistance now, or your situation may change in time. Housing NSW will require documentation on age, income, assets and permanent residency.

### 2. Northern Area Tenants Service

Free and confidential advice, advocacy and support for all tenants in Northern Sydney. Contact them on 9884 9605 during their opening times listed below:

Monday 9am to 5pm, Tuesday 9am to 2pm, Thursday 9am to 5pm, Friday 9am to 2pm.

### 3. Garigal Housing Association

This association provides subsidised housing to people who hold a current Housing NSW "T" number. These applicants would have more complex needs other than just housing.

Applications are assessed on a needs basis. Rents are set as per the Office of Community Housing Rent Policy.

Visit: Level 1, 16-20 Edgeworth  
David Avenue  
Hornsby NSW 2077  
Mail: PO Box 1528  
Hornsby Westfield  
Ph: 9477 1105 Fax: 9477 1296  
Email: [enquiries@garrigal.com.au](mailto:enquiries@garrigal.com.au)

### 4. The Aged Care Rights Service (TARS)

The Aged Care Rights Service (TARS) provides advocacy for the residents of Commonwealth funded hostels and nursing homes, self care retirement villages and recipients of commonwealth funded in-home aged care in NSW.

The Older Persons' Legal Service (OPLS) provides legal advice, assistance and education for older people throughout NSW. This service covers: consumer rights, Human rights, social security/welfare, Power of Attorney, Guardianship.

TARS services, publications and education sessions are provided free of charge.

Visit: Level 4  
418a Elizabeth Street  
Surry Hills NSW 2010  
Ph: 9281 3600  
Toll Free: 1800 424 079  
Website: [www.tars.com.au](http://www.tars.com.au)

### 5. Centrelink Financial Information Service

This service assists retirees with information about the aged pension and the impact of income and assets on their eligibility. It is very useful to talk to them when making decisions about superannuation and other investments on retirement. They also have a number of

useful publications and fact sheets available through the website for those planning for or needing help with retirement.

Visit: 660-664 Pittwater Road,  
Brookvale 2100  
Ph: 13 23 00  
Web site: [www.centrelink.gov.au](http://www.centrelink.gov.au)  
(Choose the option  
'Individuals', then 'Retirement')

## 6. Senior's Information Service

Information and referral regarding housing options, concessions, home support, volunteering and other services available to seniors. Funded by the NSW Department of Ageing, Disability and Home Care.

Ph: 13 12 44  
Website: [www.seniorsinfo.nsw.gov.au](http://www.seniorsinfo.nsw.gov.au)

## 7. COTA (NSW) Council on the Ageing

The peak body providing community information, education and social policy.

Ph: 9286 3860  
Website: [www.cotansw.com.au](http://www.cotansw.com.au)

## 8. Retirement Village Association

Peak industry body for the retirement village industry.

Ph: 1800 240 080  
Website: [www.rva.com.au](http://www.rva.com.au)

## 9. The Combined Pensioners and Superannuants Association of NSW.

This organisation works to improve the living standards, community services and lifestyle choices of older people. Information about tenancy and housing options available.

Visit: 9/28 Foveaux Street  
Surry Hills NSW 2010  
Ph: 9281 3588 or 1800 451 488  
Website: [www.cpsa.org.au](http://www.cpsa.org.au)

## 10. The Law Society of NSW Solicitor Referral Service

Referral to a solicitor willing to undertake legal work with retirement village contracts etc. Referrals can also be made online.

Visit: Level 5, 170 Phillip Street  
Sydney NSW 2000  
Ph: 9926 0300  
Email: [ereferral@lawsociety.com.au](mailto:ereferral@lawsociety.com.au)  
Website: [www.lawsociety.com.au](http://www.lawsociety.com.au)

## 11. New South Wales Aged Care Online Directory

Information on aged care accommodation and services available in NSW

Website: [www.agedcareonline.com.au](http://www.agedcareonline.com.au)

## 12. Aged & Community Care Information Line

Information from the Department of Health & Ageing on Commonwealth funded Residential Aged Care (nursing homes, hostels and respite care), Community Care (including Aged Care Packages and Community Care services such as home help and meal services) and other ageing support programs. Publications available include 'Entry to Aged Care Pack: 5 Steps to Entry into Aged Care' and 'Asset Assessment Form for Residential Care'.

Ph: 1800 500 853  
Website: [www.agedcareaustralia.gov.au](http://www.agedcareaustralia.gov.au)

## 13. Seniors Portal

Federal Government website for over 50's - includes information about housing options and financial planning.

Website: [www.seniors.gov.au](http://www.seniors.gov.au)

## 14. Northern Sydney Commonwealth Carelink Centre

Information about services for older people and people with a disability in the Northern Sydney region. Includes a range of services, how to contact them, eligibility and referral requirements, any costs in receiving services.

Ph: 1800 052 222  
Website: [www.health.gov.au/ccsd/](http://www.health.gov.au/ccsd/)

## EQUITY RELEASE LOANS

It is now acknowledged that many seniors can expect to face a 'savings shortfall' in their retirement. There are many options to consider that may address this including:

- Selling the home and downsizing to a smaller one
- Borrowing from the family
- Adjusting your lifestyle to reduce daily expenses
- Returning to the workforce
- Releasing some of the equity from the sale of a portion of the property
- Releasing some of the equity in the home or investment property via an equity release mortgage

This last option is becoming increasingly popular and typical uses of such funds are:

- A holiday, travel, or purchase of a car
- Home maintenance and improvements
- Long-term care or medical expenses
- Income supplement
- Debt consolidation
- Supporting children or grandchildren

The most common equity release option available to seniors is a lifetime or reverse mortgage, which enables people over 60 to borrow against the value of their home without having to make any repayments until the home is sold or passes to their estate.

Funds released can be taken as a single lump sum, a series of instalments or drawn under a 'line of credit' facility. Options available vary with each lender. Because there are no repayments due while the borrowers are living in the property, interest and fees are added to the loan balance.

When the loan and all interest and fees are due for repayment, the borrowers or their estate will typically have the option of repaying the loan out in full and retaining the property, or selling the property and repaying the lender from the proceeds.

As with any financial decision, it is essential to seek independent advice about a reverse mortgage and to ascertain all immediate and future fees and costs associated with the loan.

Senior Australians Equity Release Association of Lenders (SEQUAL) is an Association of Lenders which provides information and advice to seniors on equity release loans and acts as a watchdog in this sector.

Mail: PO Box A217  
Sydney South NSW 1235  
Email: [info@sequal.com.au](mailto:info@sequal.com.au)  
Website: [www.sequal.com.au](http://www.sequal.com.au)



## RETIREMENT VILLAGES & RESIDENTIAL AGED CARE FACILITIES IN YOUR AREA

This section lists retirement villages by alphabetical order in the three Northern Beaches Local Government Areas of Manly, Warringah and Pittwater.



Retirement villages can be church run, non-profit or resident funded.

Church and non-profit retirement villages are operated mainly on either a rental or donation basis. However, some villages have a mixture of legal arrangements and it may also cater for those with assets.

Resident funded retirement villages are for people who have assets and wish to fully fund their accommodation by the purchase of a title or contractual rights.

Some of the villages have residential aged care facilities on site (hostels and nursing homes), however these facilities can also be located and run separate to retirement villages. The low level care facilities (hostels) and high level care facilities (nursing homes) are also listed in this section.

This directory attempts to give you sufficient background as to the location, facilities and services of the villages to enable you to reflect on your particular needs and make comparisons before researching further.

Please note that the fees may have altered since the printing of this publication.

RETIREMENT VILLAGES

**Wesley Heights Aged Care**

**Facility**

47 Birkley Road

Manly NSW 2095

ph: 9977 7366

e: [wesleyheights@nsr.unitingcare.org.au](mailto:wesleyheights@nsr.unitingcare.org.au)

**Management:** UnitingCare Ageing  
Northern Sydney Region

**Level of Care:** Independent Living,  
Low Level Care and High Level Care

**Accommodation:**

a) Independent Living: 11 one  
bedroom and 12 two bedroom units  
Studio – 84 beds.

b) Residential aged Care – 61 (low  
level care), 60 (high level care)

**Transport and Nearest Shop:**

Public transport bus stop outside  
village. Corner store – Manly Village  
down the hill.

**Recreational Facilities:**

Community rooms and library facilities,  
recreational activities program in  
Residential Aged Care.

**Contract Conditions:**

Contract for Independent Living, High  
and Low Level Care.

**Entry Costs:**

**Independent Living:** \$154,000 -  
\$495,000, as at September 2010  
(subject to increases in March &  
September in line with CPI increases  
to pensions). Departure fee 30% of  
entry contribution over 5 years  
maximum calculated on a daily basis.

**Low Level Care:** Accommodation  
bond as per Department of Health &  
Ageing Guidelines.

**Fees:**

Please contact this facility for details.

**Entry Requirements:**

**Independent Living:** minimum age  
55; Assessment interview.

**Low & High Care:** ACAT Assessment.

**Other:** 2 respite beds; waiting list (no  
deposit). Birds allowed. Nursing Home  
has a dog.

## RETIREMENT VILLAGES

### **Allambie Heights Village Ltd**

**3 Martin Luther Place**

**Allambie Heights NSW 2100**

**ph: 9975 5800 fax: 9451 2017**

**e: [general@alhvillage.com.au](mailto:general@alhvillage.com.au)**

**w: [www.alhvillage.com.au](http://www.alhvillage.com.au)**

#### **Management:**

Allambie Heights Village Ltd.

#### **Level of Care:**

Self care (retirement village), low level care (aged care facility), ageing in place, respite care and a safe dementia specific service.

#### **Accommodation:**

- a) Self care units: 55 studio, one and two bedroom
- b) Low Level/Aged care: 42 with ensuites, balcony or patio, some with kitchenette

#### **Transport:**

Village bus, weekly trips, public transport on Allambie Road to Warringah Mall, Manly, Chatswood and City

#### **Nearest Shops:**

Kiosk in retirement village and Allambie Heights shopping centre

#### **Recreational Facilities:**

Full programme of various activities arranged for residents of our aged care

facility and social program for self care residents, dining room, community hall, internet suite, library, hair salon, BBQ areas, visiting physiotherapist, beautician and podiatrist.

#### **Contract Conditions:**

**Self Care:** Loan and licence agreement.

**Aged Care:** resident agreement

#### **Entry Costs:**

**Self Care:** \$240,000-\$486,000

**Aged Care:** Accommodation bond of \$375,000 (based on assets). Contact Ciaran Foley - CEO; Lindsay Hatt, Director of Care; Patricia Cearnas, Retirement Living Consultant.

#### **Fees:**

**Self Care:** \$305 service/maintenance fee monthly

**Aged Care:** as per Department of Health and Ageing fees and as assessed by Centrelink

#### **Entry Requirements:**

**Self Care:** minimum age 55 years

**Aged Care:** ACAT Assessment.

### **Belrose Country Club**

**2 Dawes Road**

**Belrose NSW 2085**

**ph: 9975 1237**

**e: [belroserealestate@bigpond.com](mailto:belroserealestate@bigpond.com)**

**w: [www.lifestylecare.com.au/belrose](http://www.lifestylecare.com.au/belrose)**

#### **Management:**

Lifestyle Care Services Pty Ltd

#### **Level of Care:**

Self Care and Low Level Care

#### **Accommodation:**

- a) Self care: 200 one, two and three bedroom units
- b) Service apartments: 20 one and two bedroom. 6 bedsitters.

#### **Transport:**

Village bus; public bus stop outside village.

#### **Nearest Shops:**

Glenrose and Forestway Shopping Centres – 2km.

#### **Recreation Facilities:**

Extensive clubhouse includes library, card and specialised meeting rooms, billiards and games room, indoor

bowls, heated indoor pool, spa and sauna, separate croquet and putting greens, tennis court, BBQ with extensive outdoor entertainment areas. Fully equipped restaurant and dining facilities. A wide range of organised social activities are available to residents

**Contract Conditions:** Strata Title

**Entry Costs:**

Self Care: \$275,000 - \$550,000  
Serviced Apartments (low level care) from \$115,00. Departure fees, deferred management, legal and real estate commission fees apply.

**Fees:**

Self care: \$69 to \$112 weekly  
Serviced Apartment care from \$236 weekly

**Entry Requirements:**

Minimum age is 55. Medical certificate is required.

**Other:** Pets allowed (only dogs and cats ground floor units)

**Dee Why Gardens**

155 Fisher Road North

Dee Why NSW 2099

ph: 1800 155 171

e: [lkennedy@becton.com.au](mailto:lkennedy@becton.com.au)

e: [gjones@becton.com.au](mailto:gjones@becton.com.au)

**Management:** Becton Living

**Level of Care:**

Self Care and Service Apartments

**Accommodation:**

- a) Self care units: 203 one bedroom, one bathroom plus den or two bedroom, two bathroom plus den.
- b) Service apartments: 34

**Transport and Nearest Shops:**

Village bus; public transport at village entry. Dee Why village shops.

**Recreation Facilities:**

Heated pool and spa, clubhouse,

billiard room, craft room, indoor bowls, croquet green, village kiosk and hairdressing salon.

**Contract Conditions:** 99 year lease

**Entry Costs:** \$399,000 - \$540,000

**Fees:**

Self care: \$60 - \$162 weekly  
Serviced Apartment care \$354 - \$370 weekly

**Entry Requirements:**

Minimum age is 55.

**Other:** Pets allowed (Self Care units only) under special circumstances.

**Druid's Court**

2 Martin Luther Place

Allambie Heights NSW 2100

(GPO Box 4793 Sydney 2001)

ph: 9299 7851

fax: 9299 7852

e: [enquiry@noblegroup.com.au](mailto:enquiry@noblegroup.com.au)

**Management:**

NobleOak Life Limited

**Level of Care:** Self care

**Accommodation:**

Self Care units: 20 one bedroom

**Transport and Nearest Shop:**

Public transport on Allambie Road, Allambie Heights village nearby

**Recreational Facilities:**

Community room, picnic area

**Contract Conditions:**

Residence and service contracts

**Entry Costs & Fees:**

Inquiries to Management

**Entry Requirements:**

Minimum age 60 years (female), 65 years (male)

### **Eurobodalla Homes**

11 Aquatic Drive  
Frenchs Forest NSW 2086  
ph: 9997 2543

**Management:** Eurobodalla Homes  
Charitable Organisation

**Level of Care:** Self care

**Accommodation:**  
Self Care units: 28 one bedroom

**Transport and Nearest Shop:**  
Public transport outside the door.  
Skyline shops approx 1km

**Recreational Facilities:**  
Community Hall

**Contract Conditions:** Rental

**Entry Costs & Fees:**  
\$200 refundable cleaning fee

**Entry Requirements:**  
Accommodation for financially  
disadvantaged people (long waiting  
lists).

**Other:** Residents invited to be involved  
in fundraising

### **Forestville Retirement Village & Alexander Campbell House**

51 Cook Street  
Forestville NSW 2087  
ph: 8719 2603 fax: 8719 2604  
Alexander Campbell House  
ph: 9452 5878 fax: 9451 9605  
e: [admin@livingcare.org.au](mailto:admin@livingcare.org.au)

**Management:** Living Care, a Ministry  
of Churches of Christ NSW

**Level of Care:**  
Self Care and Low Level Care

**Accommodation:**  
a) Self care units: 33 one bedroom  
b) Low Level Care: 34 beds, 1 respite  
(Alexander Campbell House)

**Transport:**  
Public transport bus stop outside.

**Nearest Shops:**  
Forestville Village. Bus to Forestway,  
Chatswood or Warringah Mall.

**Contract Conditions:**  
Self care – loan and licence agreement

**Entry Costs:**  
Self Care: \$117,000

**Fees:**  
Self care: \$159 single, \$183 double  
per fortnight  
Hostel: basic care is 85% of pension

**Entry Requirements:**  
ACAT Assessment for hostel, medical  
certificate.

**Other:** No pets or smoking allowed.

### **Fred Hutley Village** 183 Allambie Road Allambie Heights NSW 2100 ph: 9975 3605

**Level of Care:** Self care

**Accommodation:**  
108 self-contained units including 96  
bedsitters (single) and 12 one  
bedroom (doubles)

**Transport and Nearest Shop:**  
Convenient for local buses, Allambie  
shops closest

**Recreational Facilities:**  
Recreation Hall

**Contract Conditions:** Rental

**Entry Costs & Fees:**  
Inquiries to Management

**Entry Requirements:** Pensioners

### **Furlough House**

72-90 Ocean Street  
Narrabeen NSW 2101  
ph: 9913 7286 fax: 9970 7250  
e: *furloughhouse@bigpond.com*

#### **Management:**

Furlough House Inc.

**Level of Care:** Self care

#### **Accommodation:**

Self Care: 82 units

#### **Transport and Nearest Shop:**

Public transport one block away.  
Woolworths, Narrabeen, 2 blocks away  
from village.

#### **Recreational Facilities:**

Bowls, bingo, large print library, mini  
bus outings

**Contract Conditions:** Rental

#### **Entry Costs & Fees:**

Donation of \$3,500 to \$7,000  
depending on unit type. Inquiries to  
management for rental rates.

#### **Entry Requirements:**

Ex-service personnel and/or spouse of  
ex-service personnel

**Other:** No dogs or cats, only birds in  
cages.

### **Glenaeon Retirement Village**

Glenaeon Avenue  
Belrose NSW 2085  
ph: 9450 2466  
e: *heather.potts@llprimelife.com*

**Management:** Lend Lease Prime Life

**Level of Care:** Self Care, Low Level  
Care, Serviced Apartments

#### **Accommodation:**

- a) Self care units: 136 two bedroom  
and 85 three bedroom.
- b) Serviced apartments: 50 one  
bedroom

#### **Transport and Nearest Shops:**

Village bus, public transport at village  
gate. Glenrose Shopping Centre  
nearby.

#### **Recreational Facilities:**

Entertainment areas, organised  
activities, recreation rooms, indoor  
games, arts & crafts, social club, air  
conditioning, BBQ, outdoor eating  
areas, spa, pool and aqua aerobics.

**Contract Conditions:** Lease  
agreement

#### **Entry Costs:**

\$175,000 to \$265,000 for serviced  
apartments; from \$299,000 to  
\$880,000 for self care independent  
living. Departure fees- **Self Care:** 3%  
p.a of exit costs to a maximum of 30%  
off resale price. **Serviced  
Apartments:** 6% p.a. to maximum of  
30% off resale price.

#### **Fees:**

Self care: \$418 and \$431 per month  
Serviced apartments: \$1,923 per  
month.

#### **Entry Requirements:**

Minimum age 55; medical certificate is  
required.

**Other:** Pets allowed as approved by  
Manager.

### **MacDonald Homes**

74 & 86 Oaks Avenue  
& 85 Howard Avenue  
Dee Why NSW 2099  
ph: 8966 8020

#### **Management:**

UnitingCare Ageing Northern Sydney  
Region

**Level of Care:** Independent living

#### **Accommodation:**

Independent living: 15 one bedroom  
and 9 two bedroom units

**Transport and Nearest Shop:**  
Public transport bus on Howard Avenue

**Recreational Facilities:** No

**Contract Conditions:** Rental

**Entry Costs & Fees:** N/A

**Entry Requirements:** Minimum age 55; assessment interview

### **Maybrook Manor**

**6 Jersey Place  
Cromer NSW 2099  
ph: 9971 0412  
e: [aevum@aevum.com.au](mailto:aevum@aevum.com.au)**

**Management:** Aevum Limited

**Level of Care:** Self Care

**Accommodation:**  
98 independent living units varying in size from studio to three bedroom penthouses

**Transport and Nearest Shops:**  
Village bus, public transport at door. Local shop 200m, bus to Dee Why village

**Recreational Facilities:**  
Recreation rooms, indoor games, organised activities, arts & crafts, social club, BBQ, spa and pool

**Contract Conditions:** 99 year lease

**Entry Costs:**  
Market price of unit. Departure fees 3% pa capped at 10 years on the ingoing purchase price and 50% of capital gains retained by outgoing resident

**Fees:** \$35 to \$140 per week

**Entry Requirements:**  
Minimum age 55

### **Oceangrove Seniors Living Village**

**8 Dee Why Parade  
Dee Why NSW 2099  
Ph: 9972 5490 Fax: 9972 549  
e: [info@oceangrovedeewhy.com.au](mailto:info@oceangrovedeewhy.com.au)  
w: [www.oceangrovedeewhy.com.au](http://www.oceangrovedeewhy.com.au)**

**Management:** Dee Why RSL Club Limited

**Level of Care:** Self care

**Accommodation:** 76 one, two and three bedroom apartments

**Transport and Nearest Shops:**  
Public transport outside door. Dee Why Village Shops, Coles opposite, short walk to Woolworths and Dee Why Grand shops.

**Recreational Facilities:**  
Restaurants, bars and entertainment at adjacent Dee Why RSL Club. Library, craft and hobby rooms, wellness centre, coffee lounge, billiard room, functions room, bar and TV lounge, meeting and consulting rooms. Gardens and timber decked entertaining areas.

**Contract Conditions:** Leasehold

**Entry Costs:** From \$430,000. Departure fees apply.

**Fees:** \$114 to \$135 per week

**Entry Requirements:**  
Minimum age 55

**Other:** Pets allowed as approved by Manager

### **Pacific Lodge Aged Care Hostel**

**Salvation Army Northern Beaches  
Aged Care Services  
15 Fisher Road  
Dee Why NSW 2099  
ph: 9982 8477**

**Management:**

The Salvation Army (NSW) Property Trust

**Level of Care:** Self Care (Low Level)

**Accommodation:**

59 rooms, 33 with ensuite, others with share bathrooms.

**Transport and Nearest Shop:**

Village bus available, public transport one block, one block to Dee Why

**Recreational Facilities:**

Recreational rooms, organised activities in and out of the village, Chapel, Recreation officer.

**Contract Conditions:**

Residents Agreement

**Entry Costs:**

Fees as set by the Department of Health & Ageing. A bond may be charged following an individual review of assets.

**Fees:** Weekly – 85% of pension

**Entry Requirements:**

ACAT Assessment

**Other:** Alcohol not allowed. Respite care available

**RSL ANZAC Village**

**The War Vets**

**90 Veterans Parade**

**Narrabeen NSW 2101**

**ph: 8978 4236**

**e: [Truus.toia@rsllifecare.org.au](mailto:Truus.toia@rsllifecare.org.au)**

**Management:** RSL LifeCare

**Level of Care:** Self Care, Low Level Care and High Level Care – dementia care, palliative care, mental health

**Accommodation:**

- a) Self care units: 560 one, two, three or four bedroom
- b) Low level care: 335

c) High level care (Peter Cosgrove House): 161

**Transport and Nearest Shops:**

Village bus; close to public transport bus stop. Collaroy Plateau village nearby.

**Recreational Facilities:**

Day therapy centre with pool, mobile library, billiards, bowling green and indoor bowls, hairdressing, choir, social clubs, croquet, coffee shop, licensed bar

**Contract Conditions:**

Self care – licence agreement

**Entry Costs:**

From \$50,000 to \$2.6 million

**Fees:** On application

**Entry Requirements:**

Preference given to ex-service personnel and spouses but now also open to those who have not been in the services. Minimum age 55 years.

**Scalabrini Village**

**167 Allambie Road**

**Allambie Heights NSW 2100**

**ph: 9452 6111**

**e: [svallambie@scalabrini.com.au](mailto:svallambie@scalabrini.com.au)**

**w: [www.scalabrini.com.au](http://www.scalabrini.com.au)**

**Management:** Scalabrini Fathers

**Level of Care:** Self Care, Low Level Care and High Level Care

**Accommodation:**

- a) Self care units: 12 one & two bedroom
- b) Low level (hostel) units: 23
- c) High level (nursing home care): 48

**Transport and Nearest Shops:**

Village bus, 100m to public transport bus stop. Allambie village shops

**Recreational Facilities:**

Many activities and bus trips, chapel

**Entry Costs:**

Subject to assessment

**Fees:**

85% of Aged Pension

**Entry Requirements:**

Assessment by ACAT

**Other:** Cultural affiliation - Italian

**St David's Village**

45 Cook Street

Forestville NSW 2087

ph: 8977 8200

Baulkham Hills Head Office: 9421 5333

**Management:**

Anglican Retirement Villages

**Level of Care:**

Self Care and Low Level Care Units

**Accommodation:**

- a) Self care units: 90 one, two and three bedroom units
- b) Low Level Care: 40 units (25 low care mainstream, 15 dementia specific)

**Transport and Nearest Shops:**

Forest Coach bus stop outside Village. Close to Forestville village plus bus to Forestway, Chatswood and Warringah Mall

**Recreational Facilities:**

Community hall, Library, Snooker, Outdoor BBQ area, Chapel, Hobby Workshop

**Contract Conditions:**

Loan Licence Agreement

**Entry Costs:**

Operator retains 2.5% of ingoing contribution for a minimum of 4 years (10% retention) and a maximum of 12 years (30% retention)

**Fees:**

Assisted Living Fees set by Department of Health & Ageing

**Entry Requirements:**

Minimum age 60; Independent Living medical certificate is required; Assisted Living ACAT Assessment. Interview with Village Manager

**The Pines Retirement Village**

32-34 Booralie Road

Terrey Hills NSW 2084

ph: 8467 9333

e: [jrodgers@agedcare.net.au](mailto:jrodgers@agedcare.net.au)

w: [www.thompsonhealthcare.com.au](http://www.thompsonhealthcare.com.au)

**Management:** Thompson Health Care

**Level of Care:** Self Care, Low Level Aged Care Facility adjacent – 15 hostel beds and 100 nursing home

**Accommodation:**

Self care units: 16 two bedroom

**Transport and Nearest Shops:**

Public transport available. Terrey Hills, St Ives and Belrose shops nearest.

**Recreational Facilities:**

BBQ, organised activities, recreation room, arts & crafts

**Contract Conditions:**

Licence Agreement

**Entry Costs:**

Self care from \$300,000. Departure fees 2.5% pa of entry costs retained by Operator

**Fees:** Self care \$55 weekly

**Entry Requirements:**

Minimum age 55

**Other:** Small pets permitted

**Tredinnick Village**

75 Cook Street

Forestville NSW 2087

Admissions/Enquiries 9452 3022

Manager: Anne Kalra 9975 7388

e: [annek@nsr.unitingcare.org.au](mailto:annek@nsr.unitingcare.org.au)

**Management:** UnitingCare Ageing Northern Sydney Region

**Level of Care:** Independent Living

**Accommodation:**

Independent living units: 60 one bedroom

**Transport and Nearest Shops:**

Public transport outside door, Forestville/Forestway shops

**Recreational Facilities:**

Recreation rooms, arts & crafts, indoor games, BBQ and outdoor eating area

**Contract Conditions:**

Loan and licence agreement

**Entry Costs:**

\$154,000 as at September 2010 (subject to increases in March & September in line with CPI increase to pensions). Departure fees 30% of entry costs retained by Operator over period of 5 years calculated on a daily basis

**Fees:** Please call for details

**Entry Requirements:**

Assessment interview, minimum age 55 years

**Warringah Place**

**1039 Pittwater Road**

**Collaroy NSW 2097**

**ph: 9971 1933**

**e:** [warringah.place@aue.salvationarmy.org.au](mailto:warringah.place@aue.salvationarmy.org.au)

**w:** [www.agedcare.salvos.org.au](http://www.agedcare.salvos.org.au)

**Management:** The Salvation Army

**Level of Care:** Self Care (Low Level Care) Serviced Apartments

**Accommodation:**

a) Self care units: 64 one and two bedroom

b) Serviced apartments: 44

**Transport and Nearest Shops:**

Village bus, public bus stop outside village. Collaroy Beach village nearby

**Recreational Facilities:**

Entertainment areas, activities, chapel, recreation rooms, indoor games, crafts, social club, BBQ, pool, spa, library and gym

**Contract Conditions:** Lease agreement

**Entry Costs:**

**Serviced Apartments:** from \$115,000

**Self Care:** 1 bedroom from \$260,000;

2 bedroom with den up to \$525,000.

Departure fees 2.5% of entry costs over 10 years retained by Operator plus shared capital gain.

**Fees:**

Self care monthly costs from \$243.

Serviced apartments monthly costs from \$1253

**Entry Requirements:**

Minimum age 55; medical certificate is required.

**Wesley Gardens Aged Care**

**2b Morgan Road**

**Belrose NSW 2085**

**ph: 9452 3022**

**Management:** UnitingCare Ageing Northern Sydney Region

**Level of Care:** Independent living, low level care general and dementia specific. High level care general and dementia specific. Respite care

**Accommodation:**

**Independent Living:** 60 one bedroom units in Forestville

**Low Level Care:** single room with ensuite

**High Care:** shared accommodation 2 and 4 bed. Dementia specific low and high care. Single room with ensuite.

**Transport and Nearest Shop:**

Public transport available. Village bus. Glenrose and Forestway shopping

centres close by.

**Recreational Facilities:**

**Independent Living:** Recreational community/activities room, library, outdoor BBQ, resident social committee for organising outings, activities, etc

**Low & High Level Care:** Recreation rooms, organised activities, arts & crafts, indoor and outdoor games and BBQ

**Contract Conditions:**

Resident agreement

**Entry Costs & Fees:**

**Independent Living:** Entry contribution \$154,000 as at September 2010 (subject to increases in March & September in line with CPI increase to pensions).. Departure fee 30% of entry contribution over 5 years maximum calculated on a daily basis.

**Low Care:** Accommodation Bond asset tested to a maximum \$350,000. Refundable Bond on surrender of accommodation less a fee retained by facility as per Department of Health & Ageing guidelines.

**High Care:** Accommodation charge asset tested as per Department of Health & Ageing guidelines.

**Entry Requirements:**

**Independent Living:** Assessment interview, minimum age 55

**Low and High Level Care:** ACAT Assessment

**W G Taylor Village**

156 Ocean Street

Narrabeen NSW 2101

ph: 9913 7040

e: [wgtaylor.admin@wesleymission.org.au](mailto:wgtaylor.admin@wesleymission.org.au)

w: [www.wesleymission.org.au](http://www.wesleymission.org.au)

**Management:** Wesley Mission

**Level of Care:**

Self Care and Low Level Care

**Accommodation:**

- a) Self care units: 24 two bedroom
- b) Low level care: 74 one bedroom and studio apartments

**Transport and Nearest Shops:**

Village bus and car available; public transport bus stop outside village. 100m to local shop – 1.5km walk to Narrabeen village (encountering steep hill)

**Recreational Facilities:**

BBQ, organised activities, recreation rooms, arts & crafts, exercise

**Contract Conditions:**

Self Care: incoming contribution & resident agreement

Low Level Care: resident agreement, departure fees apply

**Entry Costs:**

Self Care \$360,000 - \$400,000

Hostel accommodation bond \$190,000 - \$290,000

**Fees:**

Low Level Care fees: Set by the Department of Health & Ageing. Self Care Units: maintenance fees as agreed at yearly residents budget meeting.

**Entry Requirements:**

**Self Care:** minimum age 55; medical certificate is required

**Hostel Care:** minimum age 55, ACAT Assessment required

**Other:** 2 respite beds, no pets allowed

**Willandra Retirement Village**

81 Willandra Road

Cromer NSW 2099

ph: 1800 026388 Sales Enquiries

e: [retirementliving@australianunity.com.au](mailto:retirementliving@australianunity.com.au)

w: [www.australianunity.com.au](http://www.australianunity.com.au)

**Management:**

Australian Unity Retirement Living Service

**Level of Care:**

Self Care and Serviced Apartments

**Accommodation:**

- a) Self care units: 225 one, two bedroom three bedroom
- b) Serviced apartments: 43

**Nearest Shops:**

Narraweena Village – 1km

**Recreational Facilities:**

Recreation room, dining room, lounge room, library, billiards room, pools x 2, BBQ areas, club house, home theatre room

**Contract Conditions:** Leasehold

**Entry Costs:**

Independent Living Units from \$250,000 and serviced apartments from \$100,000. 2.5% pa to 10 years of the incoming lease premium

**Fees:**

Self care average weekly \$104  
Serviced apartments from \$307 weekly

**Entry Requirements:**

Minimum age 55

**Willandra Bungalows****Retirement Village**

51 Little Willandra Road

Cromer NSW 2099

ph: 1800 026388 Sales Enquiries

e: [retirementliving@australianunity.com.au](mailto:retirementliving@australianunity.com.au)

w: [www.australianunity.com.au](http://www.australianunity.com.au)

**Management:**

Australian Unity Retirement Living Service

**Level of Care:** Self Care Bungalows

**Accommodation:**

90 two and three bedroom self care bungalows

**Transport and Nearest Shops:**

Village bus, public transport outside village

**Recreational Facilities:**

Recreation room, lounge room, library, billiard room, pool, BBQ area, tennis court

**Contract Conditions:** Leasehold

**Entry Costs:**

From \$635,000; 2.5% per annum to 10 years of the incoming lease premium

**Fees:** Average \$108 weekly

**Entry Requirements:**

Minimum age 55

**William Charlton Village**

181 Allambie Road

Allambie Heights NSW 2100

ph: 9451 6686

Head Office 9339 8000

e: [wcv@bensoc.org.au](mailto:wcv@bensoc.org.au) (for self care)

w: [www.bensoc.org.au](http://www.bensoc.org.au)

**Management:**

The Benevolent Society

**Level of Care:** Self care

**Accommodation:**

Self Care - 25 one bedroom. We are currently refurbishing the previous hostel rooms and turning into self care in which we will have over 50 available apartments.

**Transport and Nearest Shop:**

Public transport available. Allambie Heights shopping centre.

**Recreational Facilities:**

Community room

**Contract Conditions:**

Self Care: low entry contribution

**Entry Costs & Fees:**

On application

**Entry Requirements:**

Aged Pensioners only – 70 and over for Village. Medical assessment required for Village.

### **Windsong at Manly**

5-13 King Street

Manly Vale NSW 2093

ph: 9951 0400 fax: 9976 0408

e: *office@cookcare.com.au*

**Management:** Cook Care Group

#### **Accommodation:**

82 low and high level care beds with ensuites; secure dementia wing; respite care

#### **Transport:**

Close to bus and shops.

#### **Recreational Facilities:**

Happy hour, BBQ, monthly seafood buffet, leisure and recreation activities, regular bus tours, hairdressing and beauty salon, church and pastoral care visits

**Contract Conditions:** On application

## **NURSING HOME FACILITIES**

### **Alexander Aged Care Facility**

16 Victor Road

Brookvale NSW 2100

ph: 9905 4154 fax: 9905 0215

**Details:** 37 beds– Armenian residents. All exits alarmed. Uphill walk from bus.

### **Austral House**

4 Austral Avenue

North Manly NSW 2100

ph: 9939 1288 fax: 9905 9457

**Details:** 35 beds – female only. All exits alarmed. Short walk to bus stop.

### **Collaroy Aged Care Facility**

24 Mactier Street

Narrabeen NSW 2101

ph: 9982 3111 fax: 9972 9352

**Details:** 40 beds – tracking device used for wanderers. Uphill walk from bus. All exits alarmed. Secure fenced area.

### **Manly Vale Aged Care Facility**

Cnr Condamine & Gordon Streets

Manly Vale NSW 2093

ph: 9949 1911 fax: 9948 7468

**Details:** 100 beds – 2 storeys. All exits alarmed. On bus route.

### **Palm Grove Nursing Home**

71a McIntosh Road

Narrabeena NSW 2099

ph: 9971 5389 fax: 9981 3252

**Details:** 54 beds – alarm on driveway. On bus route. Respite care available.

### **Plateau View Aged Care Facility**

7-11 Veterans Parade

Collaroy Plateau NSW 2098

ph: 9982 4138 fax: 9972 3559

**Details:** 48 beds – all exits alarmed. Public transport.

### **RSL Veterans Retirement Village**

Veterans Parade

Collaroy Plateau NSW 2098

PO Box 489 Narrabeen NSW 2101

ph: 9982 6666 fax: 9982 5906

**Details:** 157 beds (27 bed secure unit). On bus route. Hostel and self care.

### **Scalabrini Village Nursing Home**

167 Allambie Road

Allambie Heights NSW 2100

ph: 9452 6111 fax: 9452 6122

**Details:** 48 beds – all exits alarmed.  
On bus route.

**Terrey Hills Nursing Home**

**42 Booralie Road**

**Terrey Hills NSW 2084**

**ph: 9450 1719 fax: 9450 1227**

**Details:** Exempt 100 beds. Hostel and self care units.

**Wesley Gardens Aged Care**

***(also Luke Centre Dementia Unit)***

**2 Morgan Road**

**Belrose NSW 2085**

**ph: 9452 3022 fax: 9975 2759**

**Details:** 140 beds (68 dementia specific). Respite care available. On bus route. Hostel and self care units.

**Windsong at Manly**

**5-13 King Street**

**Manly Vale NSW 2093**

**ph: 9951 0400 fax: 9976 0408**

**Details:** 64 beds. On bus route. 18 Hostel units – dementia specific.

RETIREMENT VILLAGES

**Aveo Bayview Gardens**

36 - 42 Cabbage Tree Road

Bayview NSW 2104

ph: 9997 1279

w: [www.aveolivewell.com.au](http://www.aveolivewell.com.au)

**Management:** Aveo

**Level of Care:**

Self care; serviced apartments; high level care

**Accommodation:**

- a) Self care units: 75 one bedroom, 155 two bedroom and 38 three bedroom
- b) Serviced apartments: 20 studio and 18 one bedroom

**Transport:**

Village bus; public bus stop outside village 13 times per day

**Nearest Shops:**

Mona Vale village (1.5km)

**Recreational Facilities:**

Pool, spa, BBQ, outdoor eating area, outdoor games, recreation rooms, entertainment areas, dining room, organised activities, arts and crafts, church services, social club, indoor games and computer facilities, Tai Chi, bowling green.

**Contract Conditions:** 99 year lease

**Entry Costs:**

- a) Self care units: \$260,000 to \$650,000
  - b) Serviced apartments: \$126,000 to \$275,000
- Departure fees apply

**Fees:**

- a) Self care \$103 - \$149 per week
- b) Serviced apartments \$381 - \$405 per week

**Entry Requirements:**

Minimum age 55; medical certificate required for serviced apartments.

**Other:** Pets allowed - conditions apply. Respite accommodation available.

**Aveo Minkara Resort**

10 Minkara Road

Bayview Heights NSW 2104

ph: 9979 5035

e: [minkaramanager@aveolivewell.com.au](mailto:minkaramanager@aveolivewell.com.au)

w: [www.aveolivewell.com.au](http://www.aveolivewell.com.au)

**Management:** Aveo

**Level of Care:**

Self care units and serviced apartments; nursing home onsite

**Accommodation:**

- a) Self care units: 159 one, two & three bedroom
- b) Serviced apartments: 43 one & two bedroom

**Transport:**

Village bus service operates to timetable

**Nearest Shops:** Mona Vale village

**Recreational Facilities:**

Recreation rooms, pool, indoor games, library, BBQ, croquet and putting green, coffee shop and restaurant

**Contract Conditions:** Leasehold

**Entry Costs:**

From \$255,000 to \$750,000. Departure fees apply

**Fees:** From \$399 per month

**Entry Requirements:**

Minimum age 55; Medical assessment required for Serviced Apartments

**Other:** Pets allowed - conditions apply

## **Aveo Peninsula Gardens**

79 Cabbage Tree Road

Bayview NSW 2104

ph: 9979 5515

w: [www.aveolivewell.com.au](http://www.aveolivewell.com.au)

**Management:** Aveo

### **Level of Care:**

Self care and assisted living serviced apartments

### **Accommodation:**

Independent Living: 73 one, one & half, two bedroom villas. Serviced apartments: 37 studio and one bedroom

### **Transport:**

Village Bus, public bus stop 300m

### **Nearest Shops:**

Mona Vale village 1.5km

### **Recreational Facilities:**

Chip & putt golf course. Swimming, spa, craft room, restaurant, pottery, workshop, table tennis, snooker, in house movies, carpet bowls, darts, card games, croquet, BBQ, church services, social club.

**Contract Conditions:** Leasehold

### **Entry Costs:**

From \$227,000 - \$294,000.

Departure fees apply.

### **Fees:**

a) Independent Living Units:  
\$99-\$137 weekly

b) Serviced apartments:  
\$346.60 - \$501.69 weekly

### **Entry Requirements:**

Minimum age 55; medical certificate required for Serviced Apartments

**Other:** Pets allowed – conditions apply

## **Charles O'Neill Village**

35 Vineyard Street

Mona Vale NSW 2103

ph: 9997 5100 or 9997 5549

**Management:** Catholic Healthcare

### **Level of Care:**

Self care and low level care

### **Accommodation:**

a) Self care units: 28; one bedroom  
Hostel units

### **Transport and Nearest Shop:**

Public transport available. Mona Vale village nearby.

### **Recreational Facilities:**

Community hall, chapel, BBQ and outdoor eating area

### **Contract Conditions:**

Self care – rental agreement

Low care – resident agreement

### **Fees:**

Self care fortnightly - \$259 single,  
double price on application.

### **Entry Requirements:**

Minimum age 55; Medical certificate is required and means tested,  
concessional residents only.

## **Eurobodalla Homes Newport**

267 Barrenjoey Road

Newport NSW 2106

ph: 9997 2543

**Management:** Eurobodalla Homes  
Charitable Organisation

**Level of Care:** Self care

### **Accommodation:**

31 Self Care units

### **Transport and Nearest Shop:**

Public transport available.  
Newport shops (10 min walk).

**Recreational Facilities:**

Community hall

**Contract Conditions:** Rental

**Entry costs:**

\$200 refundable cleaning fee

**Fees:**

Rent per fortnight \$105 single, \$110 double

**Entry Requirements:**

Accommodation for financially disadvantaged people; single men, single women and couples

**Other:**

Long waiting lists; residents to be involved in fundraising activities

**George Mockler**

**99 Elimatta Road**

**Mona Vale NSW 2103**

**ph: 9997 5100**

**Management:** Catholic Healthcare

**Level of Care:**

Low level care

**Accommodation:**

Bedsitter – 2 people share bathroom  
Hostel units – 28

**Transport and Nearest Shop:**

Public transport bus on Pittwater Road.  
Mona Vale village and Warriewood Square

**Contract Conditions:**

Residential Agreements

**Fees:**

Bonds required where applicable

**Pittwater Palms**

**82 Avalon Parade**

**Avalon NSW 2107**

**ph: 9918 9000**

**w: [www.aveolivewell.com.au](http://www.aveolivewell.com.au)**

**Management:**

Pittwater Palms Management Pty Ltd

**Level of Care:**

Self care and low level care

**Accommodation:**

Self care units: 127

Serviced apartments: 40

Respite care: 1

**Transport and Nearest Shop:**

Village bus for shopping, one block to public transport. Avalon village.

**Recreational Facilities:**

Recreation room, organised activities, entertainment areas, BBQ, outdoor eating area, pool, spa, aquarobics, gentle exercise, Tai Chi. Adjoins Avalon Bowling Club, near Avalon RSL Club, Surf Club and golf course.

**Contract Conditions:** Strata title

**Fees:**

- a) Self care: Strata Levies - available on application
- b) Serviced apartment: available on application

**Entry Requirements:**

Minimum age 55

**Other:**

Short term respite care available

## **Pittwater Village**

16-32 Mona Vale Road  
Mona Vale NSW 2103

ph: **Manager - 9979 5385**

ph: **Sales 9979 6045**

e: *Michael.deery@lprimelife.com*

w: *www.primelife.com.au*

### **Management:**

Lend Lease Prime Life

### **Level of Care:**

Self care Units and Serviced  
Apartments (low level care)

### **Accommodation:**

- a) Self care units: 52 two bedroom,  
8 one bedroom
- b) Serviced apartments: 26

### **Transport:**

Village bus; 50m to public transport

### **Nearest Shops:**

100m to Mona Vale shopping centre

### **Recreational Facilities:**

Card playing, billiards, swimming pool  
and spa, TV and Video, weekly picnic  
and bus trips

**Contract Conditions:** Strata title

### **Entry Costs:**

Self care: \$260,000-\$420,000

Low level care: \$90,000 - \$145,000

Departure fees apply

### **Fees:**

Self care \$386 - \$578 per month;

Serviced apartment care \$452 weekly

### **Entry Requirements:**

Minimum age 55; medical certificate is  
required

**Other:** Respite care available.

## **Seabeach Gardens**

1 Seabeach Avenue  
Mona Vale NSW 2103

ph: **9979 6517**

e: *seabeachgardens@swiftdsl.com.au*

w: *www.baldwincare.com.au*

### **Management:**

Baldwin Care Group

### **Level of Care:**

Self care and low level care; high care  
facility on site

### **Accommodation:**

- a) Self care units: 60 one, two and  
three bedroom
- b) Serviced apartments: 12 studio and  
25 one bedroom

### **Transport:**

Public transport at door

### **Nearest Shops:**

Mona Vale village; public transport to  
regional shopping centres

### **Recreational Facilities:**

Recreation rooms, organised activities,  
arts and crafts, entertainment areas,  
library, billiard room, social club, indoor  
and outdoor games, BBQ, outdoor  
eating area, indoor heated pool and  
spa, easy walk to beach.

**Contract Conditions:** 99 year lease

**Entry Costs:** On enquiry

**Fees:** On enquiry

### **Entry Requirements:**

Minimum age 55; medical certificate is  
required

**Other:** Small pets allowed

## **Seaside Retirement Village**

194 Garden Street

Warriewood NSW 2102

ph: Assisted Care: 9997 4247

e: [info@domainprinciple.com.au](mailto:info@domainprinciple.com.au)

w: [www.domainagedcare.com.au](http://www.domainagedcare.com.au)

### **Management:**

Domain Principal Group

### **Level of Care:**

Serviced apartments (low level care)

Nursing home (high level care) on site

### **Accommodation:**

Serviced units: 50 one and two bedroom

### **Transport:**

Village bus and public bus stop outside.

### **Nearest Shops:**

Approx 1.5km to Warriewood Square

### **Recreation Facilities:**

Indoor Bowls, Bingo, Library, Cards, Scrabble, Village Bus Trips, Videos

### **Contract Conditions:** Strata title

### **Entry Costs:**

From \$120,000. Departure fees apply

### **Fees:** \$223.14 weekly

### **Entry Requirements:**

Minimum age 55

## **Warriewood Brook**

6 – 14 McPherson Street

Warriewood NSW 2102

ph: Care Solutions Showroom  
9998 5888

ph: Head Office 9421 5333

e: [sales@arv.org.au](mailto:sales@arv.org.au)

w: [www.warriewoodbrook.com.au](http://www.warriewoodbrook.com.au)

### **Management:**

Anglican Retirement Villages

### **Level of Care:**

Self care units (*stage 1 from mid 2009*)

Low Level Care (*stage 2 from late 2009*)

### **Accommodation:**

a) Self care: 64 one, two and three bedroom units

b) Low level care: 119 units with ensuites

c) Dementia specific care

### **Transport:**

Forest Coach Lines and Sydney Buses

### **Nearest Shops:**

Close to Warriewood Square and Mona Vale village

### **Recreation Facilities:**

To be built in future stages: community centre with library, craft room, games room, computer club, outdoor BBQ area, social activities, Wellness Centre.

### **Contract Conditions:**

Loan licence agreement

### **Entry Costs:**

Operator retains 2.5% of ingoing contribution for a minimum of 4 years (10% retention) and a maximum of 12 years (30% retention).

### **Fees:**

Assisted Living Fees set by Department of Health and Ageing

### **Entry Requirements:**

Minimum age 60; Independent living medical certificate required; Assisted Living ACAT Assessment.

## **NURSING HOME FACILITIES**

### **Avalon House**

14-16 John Street  
Avalon NSW 2107  
ph: 9973 0900 fax: 9973 0950

**Details:** 78 beds including secure dementia unit.

### **Bayview Gardens Nursing Home**

90 – 96 Annam Road  
Bayview NSW 2104  
ph: 9999 1591 fax: 9999 1207

**Details:** Exempt 73 beds – some exits alarmed. On bus route.

### **Minkara Residential Aged Care Facility**

10 Minkara Road  
Bayview NSW 2104  
ph: 9979 9066 fax: 9979 9104

**Details:** 41 beds – all exits alarmed. Private transport or taxi from Mona Vale.

### **Mona Vale House**

33 Bassett Street East  
Mona Vale NSW 2103  
ph: 9910 7900 fax: 9910 7950

**Details:** Exempt 64 beds. Bus stop outside. Secure facility. Single and double rooms available.

### **Ocean View Aged Care Facility**

2 Jenkins Street  
Mona Vale NSW 2103  
ph: 9997 5448 fax: 9979 5560

**Details:** 49 beds – 4 respite. All exits alarmed. On bus route.

### **Peninsula Nursing Home**

50-52 Golf Avenue  
Mona Vale NSW 2103  
ph: 9997 5986 fax: 9979 8791

**Details:** 70 beds – no alarms. Short walk from bus.

### **Seabeach Gardens Lodge**

26 Darley Street  
Mona Vale NSW 2103  
ph: 9997 6383 fax: 9997 8598

**Details:** 33 beds – all exits alarmed. Walk from bus. Hostel and self care units available.

### **Seaside Residential Aged Care**

184 Garden Street  
Warriewood NSW 2102  
ph: 9997 4633 fax: 9997 6664

**Details:** 55 beds – main door alarmed. On bus route.

## CHECKLIST FOR RESEARCHING ACCOMMODATION

This checklist has been compiled to assist you when you begin looking into your accommodation options (in particular - retirement villages).

Depending on your needs and circumstances, ask yourself these questions:

### General

1. Why do I wish to move from my existing home?  
**Keep in mind** - *There are services to assist with social contact or lack of confidence or infirmity*
2. If it is because of recent bereavement, have I allowed enough time before making the decision to move?
3. If the housework, gardening and general maintenance in my home have become too much to cope with, have I considered other service options such as local government help or handyman help?  
**Keep in mind** - *Having a service also involves "managing" it!*
4. Would I stay in my own home if these problems could be overcome?  
**Keep in mind** - *Some other considerations are: social contact, security, mobility, design of house*
5. Have I considered other options such as buying a smaller unit in my present neighbourhood?  
**Keep in mind** - *Location in familiar surroundings is important to many people, but it is not the only one*
6. If I am moving to be near my family, am I certain they will remain in that area? If they move again, how easy will it be for me to move out of the village?  
**Keep in mind** - *Moving involves disruption, cost and change of social contacts*
7. If friends have moved into a retirement village and are happy there, will the lifestyle in the village necessarily suit me?  
**Keep in mind** - *This is a very significant indicator if they are close friends of long standing. However, question them about it!*
8. Have I looked at a number of villages to compare the facilities and financial arrangements?  
**Keep in mind** - *This may be a tedious process, but important aspects of your future life will depend on your choice*
9. Have I talked to residents living in the retirement village I prefer, to find out first-hand the details of this type of living?  
**Keep in mind** - *It is reasonable to expect village management to put you in touch with residents with circumstances similar to your own. But remember also that some residents have axes to grind*
10. Does this village have a philosophy or way of life that I will be happy with? What alterations in my existing lifestyle will need to be made to comply with the

village opportunities, regulations or restrictions?

**Keep in mind** - *Most villages will offer a high sounding statement of philosophy; you need to get some independent evidence about the reality. Moving out of a family home into a village inevitably means living in closer contact with others and accepting some rules*

11. Does the village have the atmosphere I would like to live in?  
**Keep in mind** - *The village manager knows that you need to try it more than once, so go back several times for a leisurely look*
12. Are the staff friendly without being patronising?  
**Keep in mind** - *This can be judged best by observing how they treat existing residents, not by how they treat you as a visitor*
13. Do staff and other residents accept sexuality as a natural part of life?  
**Keep in mind** - *In many villages, women outnumber men; this can influence attitudes among residents*
14. Would I be able conveniently to keep up my involvement in church, bowling club, book club, pokies etc?  
**Keep in mind** - *Most authorities consider involvement in the community more beneficial than village-centred activities*
15. Have I asked all the questions of concern to me, and have I received satisfactory answers from the village I have chosen as my first preference?  
**Keep in mind** - *Good village managers will want you to clear up all uncertainties before you make a decision. It is against their interest to have unhappy residents*
16. Have I returned to the village to discuss any additional issues raised by my family and legal advisers on matters I feel need clarification?  
**Keep in mind** - *If you are comfortable about it, take your family along*
17. Am I receiving appropriate legal advice or am I relying on friends or trusting the management of the village? Is my solicitor one with expertise in this area?  
**Keep in mind** - *The Law Society will advise you*
18. Is the chosen village accessible to my friends and family?  
**Keep in mind** - *Apart from any rules, your friends will only visit you if they sense a welcoming atmosphere in the village*
19. What restrictions are there on my opportunity to work from or conduct a business in my unit?  
**Keep in mind** - *Other residents are not likely to take kindly to extra movements of people or cars. Unit plans or government regulations may restrict such activity*

## Health and Welfare Concerns

20. Will I be requested to supply a medical certificate or report to certify my ability to live independently?  
**Keep in mind** - *If you feel affronted by such a request, a second move in quick succession would be very disrupting in your life*
21. Will I need to provide documentation of my medical conditions and medications, and if so, who will have access to it?  
**Keep in mind** - *The village should have very restrictive rules about access to any personal information*
22. Will I need to agree to a medical examination as a condition of entry?
23. Are housekeeping and meal services available? If so, are they provided by a local government agency or the village?  
**Keep in mind** - *Government provides a Home and Community Care service; this may be an option, but make sure it goes into the village*
24. What is the cost of this service to me?
25. If meals are provided in the communal dining room, are friends able to attend?  
**Keep in mind** - *The trend is to provide several smaller dining rooms. This may be more attractive to your friends*
26. Is there a registered nurse available 24 hours per day?  
**Keep in mind** - *This is likely to be a costly option*
27. What nursing services are provided? Is there a guarantee that this service will continue, and what is the cost?  
**Keep in mind** - *A residential aged care facility does not necessarily cater for nursing care, so it may not have nursing staff*
28. Is there an effective emergency call system 24 hours per day in the unit, and who backs it up?
29. Am I permitted to have my own doctor? If the village has its own medical consultant, how often does he/she attend?
30. Who makes the decision that I am unable to cope in either an independent living unit or residential aged care facility? What say do I have in this decision?
31. In the case of units other than those under Unit Titles, how long is my unit kept in my name if
  - a. I am hospitalised, or
  - b. I need personal/ nursing care?
32. If I become acutely sick, which major hospital is closest to the village?
33. What insurance cover should I have for medical, hospital and ambulance, and why?

**Keep in mind** - Services delivered within a village may not qualify for fund benefits

34. What financial and medical arrangements will apply in the event that I need to move out of my unit for temporary care – eg to hospital? Are written details of these arrangements available for me?
35. If I move into a residential aged care facility in the village, are there any restrictions on personal matters such as the quantity of furniture I am permitted to take with me?
- Keep in mind** - Safety in more confined spaces may be a factor

### Activities and Amenities

36. What recreational activities are provided in the village? Are there any limitations on the opportunity to use them, and what are the costs?
- Keep in mind** - Social contact outside the village through recreation is generally considered desirable
37. May I have friends to stay, and are there any conditions governing their stay?
38. Are pets permitted?
39. Are there conditions set down by the village in relation to pets?
40. What type of public, private or village transport is available, how often does it run, and what is the cost?
41. If I go on holiday, how long can I leave my unit, who looks after it, and is there a cost involved?
- Keep in mind** - Maintenance charges are likely to be the main cost consideration
42. Is there a garden area for my use, and who looks after it?
- Keep in mind** - There is likely to be a distinction between garden you can use and space where you can garden
43. Are any alterations proposed to the recreational programs or facilities?
44. What adjustments are made to recreational facilities to cater for older residents who may have some frailty or disability?

### Building and Construction

45. If the village is not yet completed, what guarantee do I have that what is proposed in the plan is what I will get?
- Keep in mind** - Perhaps you could arrange to have a competent friend check that the builder's plans match the handout information
46. Is there any opportunity for a unit to be "custom modified" at the plan stage?
- Keep in mind** - The modifications may be held to have no value to the next resident

47. Am I permitted to bring my own building assessor prior to purchase being finalised?  
**Keep in mind** - *An independent report from the developer's own assessor might be a cheaper alternative*
48. How soon after completion must I pay?
49. Who is responsible for maintenance inside or on the units?
50. Does such maintenance include safety maintenance items such as repairs to locks, windows, doors or screens, and what will it cost?
51. If there is a delay in a village repair service for the units, can I get an outside tradesman to do the job? If I do, will the cost be covered from the village maintenance finance account?
52. What financial arrangements have been made by the village for major future structural maintenance or repairs, and who is responsible?  
**Keep in mind** - *The distinction between different classes of maintenance or repair needs to be carefully spelled out. Updating of installed appliances is a particular case in point.*
53. Is a car park facility and storage shed provided and is it in the initial cost?  
**Keep in mind** - *Car security needs to be considered*
54. If not, am I permitted to build one or both?
55. Are there specific areas set aside for such buildings?
56. What security precautions have been taken in the construction of the village as a whole?
57. Are there safety locks or screens on the doors and windows of my unit?  
**Keep in mind** - *Safety devices must not inhibit rescue by staff in case of fire*
58. What type of heating or air conditioning is provided and is there an estimate available of the likely costs of these and other utilities?
59. Is the building accessible in the event that I become disabled and need a wheelchair or walking aid?
60. What internal features related to frailty, such as bath rails, have been built into the units?  
**Keep in mind** - *Frailty measures may be fitted as standard or fitted as required*
61. What building modifications am I permitted to make, e.g. air conditioner, canopy, fence?
62. If I pay for the modifications, what benefit will my capital repayment receive when I vacate the unit?  
**Keep in mind** - *The cost of modifications is rarely fully reflected in market value*

63. What insurance cover do I need to arrange?
64. What insurance cover is there on the common property?

### **Financial and Legal Matters**

65. What is the in-going capital I must provide for the unit, and for what does this provide?
66. What is the maintenance/service fee, and exactly what does this cover?
67. Who determines the maintenance fee, what input do residents have, and how often is it adjusted?  
**Keep in mind** - *If your income is subject to fluctuations e.g. due to change of interest rates, you might need a provision to sacrifice capital in place of all or part of monthly payments*
68. Will the management provide me with the full list of costs that determine maintenance/service fees?
69. During my stay in the village, will I be provided with a regular statement of these costs?
70. In the case of units other than those under Unit Title, when I vacate my unit or die, when can I, or my estate, expect to receive capital refund entitlement or the proceeds of resale?
71. In the case of units other than those under Unit Title, does my contract contain a clause which identifies a time to elapse before this capital repayment is made? What happens if I need the money to move to another residence outside the village?
72. In the case of units other than those under Unit Title, overall, what proportion of my capital outlay will I, or my estate, receive?
73. Are there deferred management fees; how large are they?
74. Do I receive capital appreciation?
75. Who handles sales of property, and who determines the resale price?
76. Can I dispose freely of my interest in the unit, or are there restrictions as to who can acquire my unit?
77. Do these restrictions have tested legal standing?
78. Is there a charge associated with the sale?
79. Who is responsible for refurbishing when the unit is vacated?

80. Are copies of the village's financial statements made available to residents?  
**Keep in mind** - *The audited financial report to the Annual General Meeting of a company or association is usually inadequate, particularly for a village which provides several levels of care*
81. Is a deposit requested on a unit? If so, how much?
82. What security do I have on my deposit, and under what circumstances will it be refunded?
83. If there is a residential aged care facility in the village and I move into it, when do I receive the capital refund entitlement on my unit or (if it is under Unit Title) will my unit have to be sold?
84. In the event of such a move, what are the new financial schedules with which I would be involved?
85. Do I feel that I am being pressured to sign a contract?
86. What is the type of contract I will enter into?
87. Is a title for the unit supplied? If so, who holds it?  
**Keep in mind** - *In the ACT, leasehold granted to a community organisation cannot be separated into unit titles*
88. What security do I have on my capital investment?
89. What are the duties of the trustees, and who are the trustees?
90. Is there a documented agreement governing maintenance fees, and what do the fees cover?
91. Does the village management provide a copy of the rules covering the village?
92. What protection would I have if the village were taken over by a new organization, which may impose a different philosophy, a new approach to maintenance fees or a revised repayment schedule?  
**Keep in mind** - *The worst situations are probably bankruptcy of the manager or recovery of debts by a lender against mortgages. This requires legal advice, but you should not be panicked by it as the prospect of such situations arising is very remote.*

Extract from COTA National Seniors (ACT) web site: [www.cota-act.org.au](http://www.cota-act.org.au)

Date of extract: October 2007



# Connecting YOU with your community in Manly, Warringah and Pittwater

## Can We Assist You?

### A guide for older people and their carers.

- ✓ Are you unable to drive or use public transport?
- ✓ Are you experiencing declining health and now feel you need help?
- ✓ Would you like to 'get out and about' more often but can no longer manage it?
- ✓ Would you enjoy being picked up and taken on bus trips and outings?
- ✓ Have you had a recent loss or lost a loved one?
- ✓ Do you feel unsafe in your own home or when you go out?
- ✓ Are you in a situation where you have no one to call in an emergency?
- ✓ Would you like more contact with people?
- ✓ Would you like to know about local services that can help?
- ✓ Is language a barrier for you in accessing information?

If you have answered "YES" to any of these questions, you may be interested to know about services available such as community transport, luncheon groups, leisure and recreation groups, visiting and shopping services.

**Community Development  
Officer (Aged Services)**

**Manly Council                      9976 1562**

**Warringah Council              9942 2560**

**Pittwater Council                9970 1199**

**CCNB Community**

**Advisory Service                9979 7677**

**Commonwealth Carelink Centre  
1800 052 222**

**Telephone Interpreter Service  
(TIS) available                    131 450**



**Warringah  
Council**



**PITTWATER  
COUNCIL**

2010/2011

# RETIREMENT HOUSING GUIDE FOR OLDER RESIDENTS

This Guide contains details on local retirement villages and aged care facilities plus information about alternative accommodation options and services. Manly, Warringah and Pittwater Councils produce this publication, in recognition of the importance of the housing and care decisions to be made by seniors and their families.

After retirement, most people will face significant decisions about their housing needs. People may choose to downsize from a large family home into a conveniently located unit or move into a Retirement Village where activities and facilities are offered. Others will choose to remain in the family home for as long as possible and be provided with home support services (as soon as they become frailer).

Inevitably there are 'costs and benefits' with each decision, however, it is recommended that seniors research their options early in retirement to ensure they make an informed choice.