



Residential Living at Yankalilla Centre YANKALILLA



ACH Group believes that growing older is a journey, not a destination.

We think of it as turning a new page.

We are here to listen to what is important to you, so that we can help you navigate the range of opportunities available. We offer advice, and support you to choose the life you want to live, where you want to live it.

Our range of services help to maintain your independence, support you to be as healthy as you can be, and offer opportunities to maintain current social interests, or foster new ones.

We can support you to live independently at home, or if you are looking for a more manageable lifestyle, there are a range of retirement living options available to suit your needs.

For a more secure and safe environment, our **Healthy Ageing** approach within our residential living homes supports you to continue to live well.

ACH Group's 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

This mindset drives our every action to put older people in control, to support them to lead a good life and continue to make a contribution to family, community and society.

Our staff celebrate diversity and welcome everyone as an individual, acknowledging and respecting their cultural background, religious and spiritual beliefs and practices, sexual orientation and gender identity.

What makes a Good Life?

We've listened to our customers to uncover six elements that contribute to a Good Life. These elements shape how we deliver our services to ensure we're supporting older people to live a life of their choosing.



UNIQUE



BEING IN CONTROL



OPTIMISTIC



BELONGING



CONTRIBUTION AND ENGAGEMENT



HEALTHY

WELCOME TO YANKALILLA CENTRE

Welcome to Yankalilla Centre on the Fleurieu Peninsula, where in the surrounds of Inman Valley's quiet rural farmland and the beautiful beaches of Carrickalinga and Normanville, you will find a true country community right at its heart.

Constructed in 2002, Yankalilla Centre is a purpose-built single level facility that exudes a warm and inviting home-like environment, where staff members from the surrounding community add to an atmosphere of 'locals supporting locals' to build and retain strong connections. Living at Yankalilla Centre means you can remain very much involved in the vibrant and caring community.

This is complemented by a peaceful country setting, with native bushland providing an appealing backdrop filled with an abundance of birdlife and even resident kangaroos that occasionally pop down for a visit!

Yankalilla Centre promotes ACH Group's **Healthy Ageing** approach, where we make it as easy as possible for you to choose to be active, remain connected and engage in what you love to do every day. This outlook encompasses a broad range of health promoting activities such as social outings, fishing trips, trike riding, a Men's Shed and a thriving communal vegetable garden.

Fully accredited and centrally located in the heart of the town, Yankalilla Centre is close to the local shops, cafes and other community services. The co-located medical centre, staffed by general practitioners and visiting specialists, provides you and your family the convenience and reassurance of nearby health services.

Quiet rural setting



Co-located medical centre



ACCOMMODATION CHOICES



Yankalilla Centre exudes a warm and inviting atmosphere

Well designed around two separate wings, Yankalilla Centre has an appealing homely charm with secure accommodation available for 64 residents.

Each wing comprises a mosaic of fully air conditioned, tastefully decorated and comfortably appointed common areas including shared lounges, compact dining rooms and kitchenettes where you can share a cup of coffee with family.

The bustling Activities Room is the hub of Yankalilla Centre, playing host to many activities, including family celebrations, singing, church services and other community gatherings. Outdoors, there is the well-maintained main courtyard and barbeque area, bird aviaries and a trail of footpaths and landscaped gardens.

Yankalilla Centre offers a range of accommodation types to suit most needs. All rooms are generously sized and most open out to their own outdoor areas which make the perfect sunny spot for your own flower pots or a quiet place to sit and enjoy the fresh air. Your own furniture and touches are welcome, to make your room feel comfortable for you.

SINGLE ROOMS WITH PRIVATE ENSUITE

Enjoy pleasant outlooks, an abundance of natural light and access to the courtyard and all common areas. Each room is fully air conditioned with

individual room controls, has stylish and quality fittings and finishes, an electric high/low bed if required and a telephone point.

SHARED ROOMS WITH PRIVATE ENSUITE

Four light, airy and spacious shared bedrooms with private bathroom ensuites are ideal for couples. All carpeted and fully air conditioned with individual room controls, the rooms are equipped with stylish and quality fittings and include electric high/low beds if required and a telephone point.

SECURE MEMORY SUPPORT UNITS

The secure memory support units prove a safe and secure environment for people living with dementia. The unit comprises a choice of either single rooms or one shared room suitable for a couple and all with private bathroom ensuites. The carpeted and fully air conditioned rooms are equipped with individual room controls, quality fittings and finishes, electric high/low beds if required and telephone points.

Staff are fully trained in all aspects of dementia including specialist care and are well equipped to adapt to the changing needs of people living with dementia. A dedicated lifestyle co-ordinator with considerable experience in dementia care ensures that all activities are designed for maximum participation and enjoyment.

YOU'RE AT THE CENTRE OF YANKALILLA

- A wide range of activities and events for you to do and attend, 7 days a week
- Onsite facilities such as a visiting hairdresser, new gymnasium and mini golf
- Healthy, nutritional and varied meal choice
- Allied health plans delivered by dietitians, speech and occupational therapists, physiotherapists and podiatrists
- A place where your small pet, subject to assessment, is welcome to join you.
- Visiting Pets that sees local dogs like 'Dogo' and 'Tiri' regularly popping in
- Specially trained 'Dementia Champions' – staff who have acquired additional knowledge and skills to provide the best possible support for people living with dementia
- Computer hub and regular classes to encourage residents to embrace technology and stay connected
- Volunteer-run art classes, with creations featuring at annual exhibitions at the local gallery
- Yankalilla Centre 's own van providing transport to a variety of facilities and attractions in and around the area and beyond
- Chaplaincy services and regular Yankalilla Uniting Church Sunday services.
- Adjoining park with playground and outdoor fitness trail available for residents and families

Celebrating an arts community



Healthy Ageing made easy with new on-site gym



HEALTHIER AND HAPPIER

ACH Group's **Healthy Ageing** approach will help you remain physically, mentally and socially active. Research around the world has shown that people who are active and socially connected are happier and have a better sense of wellbeing and overall health, regardless of age or health status.

At Yankalilla Centre, we aim to make it as easy as possible for you to choose to be physically and mentally fit, remain connected and take part in activities you love to do every day.

Dedicated **Healthy Ageing** staff work with you to identify a personalised and structured Wellbeing Plan.

Good health and wellness is an easy choice via a wide range of activities and programs to do and attend, including; walking groups, regular visits to the movies and shopping outings to Seaford and Victor Harbor. An on-site gym and mini golf course also make **Healthy Ageing** an easy option.

You and your fellow residents can plan activities and regularly be out and about, heading to such sights as Monarto Zoo and holding travel talks. Residents often drop into the town centre for a pub lunch or a quiet coffee, get along to the local football oval to barrack for the mighty Yankalilla Tigers and help out at the Centre's well attended annual Car Park Caper markets.

Yankalilla Centre boasts a thriving communal vegetable garden that, lovingly tendered by residents, provides fresh produce to the kitchen, with excess vegetables donated to Yankalilla Meals on Wheels. Last season, the garden's plentiful lemons regularly accompanied Fish'n'Chip Nights and were bottled up as lemon cordial.

Residents have also built strong community links; craft groups have knitted woollen jumpers for refugees arriving in Australia, while another group engage with students at the neighbouring Yankalilla Area School through dog obedience training.

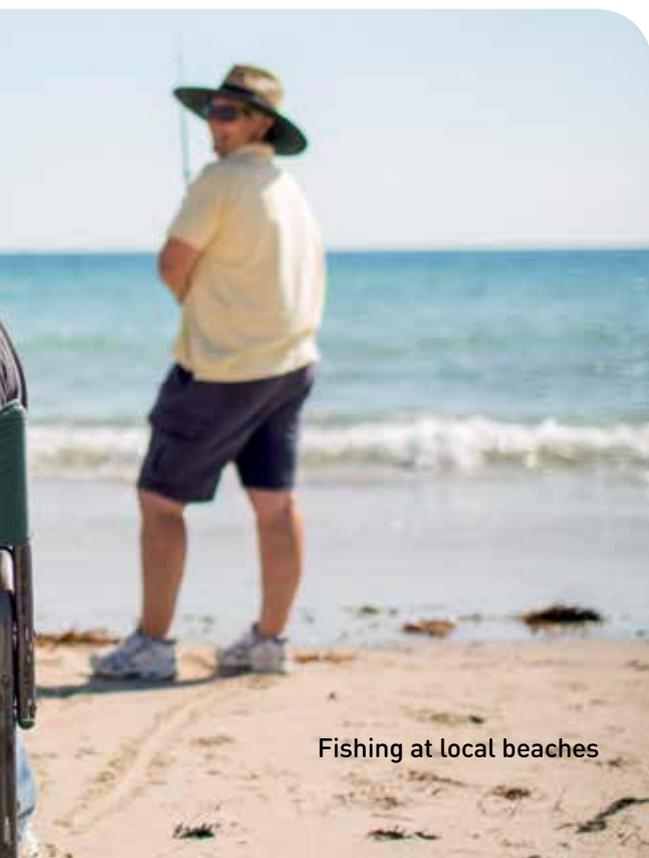




Garden outlook



Visiting pets



Fishing at local beaches

WHY CHOOSE YANKALILLA CENTRE?

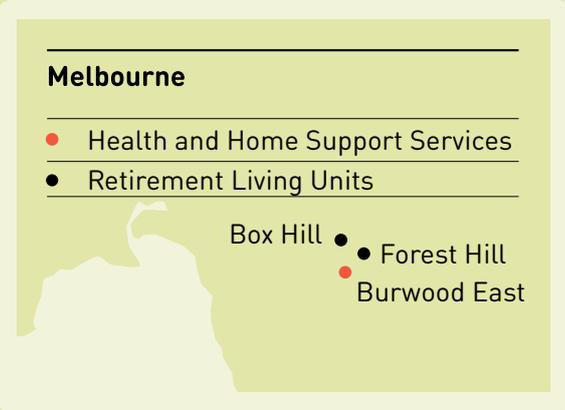
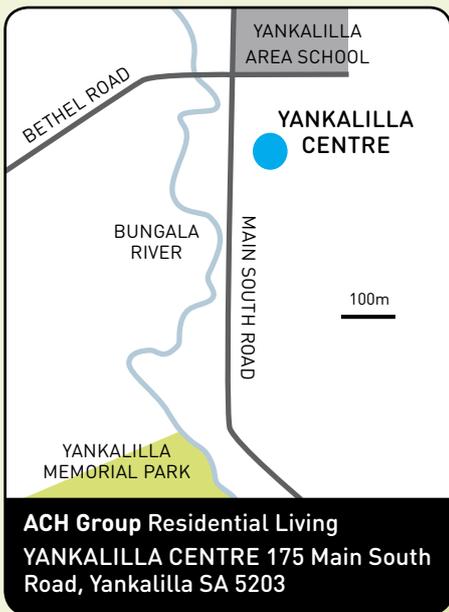
- ✓ A beautiful country setting, where 'locals are with locals'
- ✓ Modern and purpose-built accommodation that exudes a warm and inviting atmosphere
- ✓ The perfect location in the heart of Yankalilla, close to bushland, beaches, shops and cafes
- ✓ A co-located medical centre and the peace of mind and convenience of near-by health services
- ✓ ACH Group's **Healthy Ageing** approach
- ✓ A wide range of activities and events seven days a week

Locations

South Australia

- Health and Home Support Services
- Retirement Living Units
- Residential Living Homes
- Transition Care
- Head Office

For more information please call our Residential Admissions team on **(08) 8159 3530**.



Information in this brochure is correct at the time of printing. Photography and imagery is indicative only and program details, facilities and activities outlined may be subject to change. Yankalilla 05/16.

Aged Care & Housing Group Inc.
 ABN 99 437 071 895

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people.



www.ach.org.au



1300 224 477



ACH Group



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