



Residential  
Care

# Ainslie Low Head



Feel right at home.



Southern Cross Care  
(Tasmania) Inc.

# Welcome to Ainslie Low Head

**Ainslie Low Head is located just  
35 minutes from Launceston city**

Residents and their families can enjoy well-furnished lounge areas with stunning water views of the Tamar River to Bass Strait with the Low head Light House in the background. All accommodation rooms are very spacious with a similar sea view.



## Food

Dining at Ainslie Low Head is varied and inclusive of all cultural, dietary and lifestyle requirements. We offer a daily choice of menu options\* across three set mealtimes, as well as morning, afternoon tea and supper. At any time during the day our residents have access to hot and cold beverages fruit and lighter snacks.

- Breakfast – Continental (cereals, porridge, fruit, toast) buffet breakfast, plus one hot option daily\*.
- Morning & Afternoon Tea – Fresh baked items or biscuits at each
- Lunch – Two-course sitting with two main course options\*
- Dinner – Two-course sitting with one hot option + Salads, sandwiches
- Supper – Fresh-cut sandwiches or biscuits

All meal options are prepared by chefs\* with extensive experience and a passion for creating wholesome cuisine from local ingredients, where nutrition and presentation are both paramount.



## KEY FEATURES AND ADDITIONAL SERVICES

Wellness Centre

Couples with differing care needs are accommodated

Dining room with views of the Tamar River

Nutritious, fresh seasonal menus

Large well-equipped activity room

Fully stocked library

Multi-denominational Chapel

Kiosk

Outdoor courtyard

Allied health services such as physiotherapy and podiatry\*

Pastoral care support\*

Visiting hairdresser\*

Nursing staff 24/7

Tranquillity garden

Small and large lounge areas with stunning water views

\*These services are included in our Star Service offering and attract a daily fee.



## Activities and Lifestyle

Ainslie Low Head is known for its warm, welcoming atmosphere and truly personalised approach to care. Whether it's joining in the fun and laughter with group activities, or soaking up the sunshine, there are plenty of options for residents to do the things they enjoy.

From scenic drives through the countryside, shopping trips or picnics in the park, there's always an activity to join if you choose to do so. Our Leisure & Lifestyle Officers love what they do, and it shows. They provide meaningful occupations and activities as an option to all our residents to engage.

These can vary in frequency and type and are inspired by an individual's preferences or social interests.

Engagement is proven to positively flourish an individual's health and wellbeing is a crucial element in our person-centred care model.

## Respite Care

Respite care is a short-stay solution that can be planned ahead, or in the case of an emergency, last-minute or unplanned. Short stays are a great solution for individuals seeking support following post-operative or hospital care, or whilst their regular caregiver takes a break. Respite care can also be used as a way of introducing long term care to a loved one. Many of our beloved residents were introduced to us for two weeks respite care and loved it so much they decided to stay!



## Accommodation

42 Standard rooms

26 Superior rooms

Your room is your own private space, so you can decorate it with your favourite pictures and ornaments.

### Standard

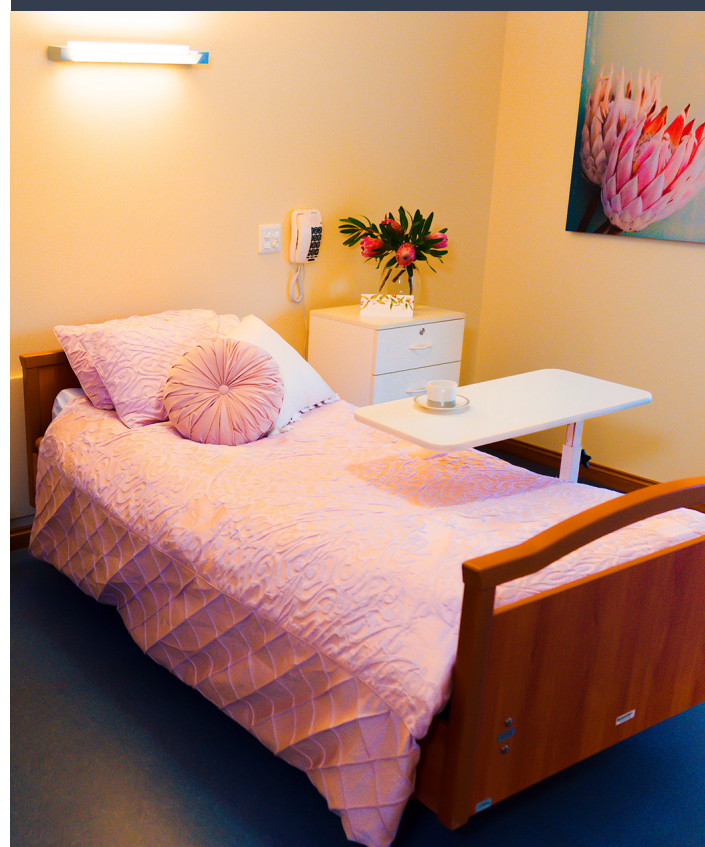
These comfortable sized rooms are approximately 15m<sup>2</sup> plus a private ensuite. They have a sunny outlook and either courtyard garden or rural scenery views.

- Easy access to the main dining room other communal facilities
- Various small sitting rooms
- Courtyard or rural views

### Superior

These larger rooms are 17m<sup>2</sup> plus ensuite. They have a sunny outlook and impressive views over the mouth of the Tamar River.

- Easy access to the main dining room, communal areas and various small sitting rooms



# Feel right at home.

Southern Cross Care Tasmania is proud of our track record of over 50 years as a leading provider of aged care accommodation and services in Tasmania. We are a wholly Tasmanian, not for profit business employing over 1100 staff who provide care, support and compassion to those in need.

In the Spirit of Christ and in the tradition of the Catholic faith we value integrity, respect and compassion, and our range of services are designed to make you feel right at home.

## Basic Daily Care Fee

The Basic Daily Care Fee covers your day-to-day living costs in residential aged care such as standard meals, cleaning, and laundry, heating and cooling.

The Basic Daily Care Fee is set by the Federal Government, is the same in every residential facility and is calculated as 85% of the single person rate of the basic age pension. It is indexed with the age pension (it increases when the aged pension increases) and is adjusted every March and September.

## Additional Services

Southern Cross Care provides additional services for a small daily fee on top of the Basic Daily Care Fee, to support our residents' lifestyle and wellbeing. Depending on the location, these additional services may include recreational activities, greater choice of meals, entertainment, outings, and other options tailored to personal preferences.

## Ainslie House Low Head

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