

Alino

LIVING

LAKE HAVEN COURT

Residential Care



Caring for our community since 1985



Our Vision & Values

Providing high quality care that optimises individual wellbeing.

We whole heartedly believe our mission is consistently achieved by:

- *remaining resident focused at all times*
- *providing a safe and happy environment for our residents*
- *supporting and developing our staff as a team*
- *having a culture of continuous improvement*
- *our commitment to management and care practices of the highest standard.*

Welcome to Lake Haven Court

In the heart of the Central Coast, just minutes from stunning Budgewoi Lake, Lake Haven Court is a warm and welcoming community nestled in attractive landscaped gardens. Offering care options including dementia care and respite care, our dedicated and attentive team offer complete, personalised care designed with the individual in mind.

Safe and homely, Lake Haven Court is conveniently located next to Lake Haven Shopping Centre, with easy access to Wyong Hospital and other amenities. All of Lake Haven Court's residential areas are on one level and offer easy access to landscaped gardens, grounds and shady courtyards with BBQ facilities for resident and visitor use. The residence features large modern units, with the majority having external access to either a courtyard or garden.

Situated adjacent to Lake Haven Shopping Centre, where there are more than 100 retail stores and customer services including banks, public and community services offices, Lake Haven Court residents are encouraged to take advantage of the convenient location to maintain their independence as long as possible.

Lake Haven Court is committed to keeping our residents as independent and mobile as possible, as well as minimising the discomfort associated with ageing and decreased mobility. That is why we have physiotherapists onsite at least four days a week to assist us in achieving resident goals.





Our Living Options


All residents enjoy the comfort of their own room with an ensuite. Our residents are encouraged to make their room as homely as possible by bringing in furniture and precious items such as family photos and ornaments. Two of our units are reserved for short-term respite accommodation and care.

Lake Haven Court residents benefit from multiple common areas to enjoy with each other, their family and friends. The large activities area includes a kitchen allowing for resident cooking pursuits. There are also raised garden beds allowing residents to participate in gardening if they wish.

With a mixture of warm, welcoming indoor areas and a number of shady, green courtyards and open landscaped gardens, residents can enjoy the sunshine and fresh air, while remaining within the safety of the home.

Keeping residents connected and participating in activities that matter to them is at the heart of our team's ethos of care. Residents can enjoy a range of onsite activities, with a dedicated room and activities team who provide inclusive options for all.

The sense of family and community that our residents experience comes from the strong relationships formed between residents, their families and our community. Our care team provide 24/7 registered nurse access and we are dedicated to providing care for residents with dignity, respect and professionalism.





Our Facilities



Trained staff on hand 24 hours



Large and open lounge areas



Large dining area



Colourful raised garden beds available for resident participation



Access to various landscaped courtyards and gardens



BBQ facilities for resident and visitor usage



Public telephone



Kiosk



Visiting allied health including optometrists, podiatrists and X-rays



Well-stocked library



Activities and outings



Dining

Nutritious and fresh meals, with a focus on choice is part of the experience at Lake Haven Court.

Prepared onsite and served in our dining room, our residents enjoy a variety of dishes every day. Catering for special dietary needs, our onsite chef rotates menus based on feedback from our residents and their preferences.

Chatting over a cup of tea is often a familiar and enjoyable time with family and friends, and visitors are welcome to use our onsite kiosk. The kiosk is operated exclusively by our very own staff and offers a range of mouth-watering sweet and savoury snacks, all of which can be enjoyed whilst browsing through the extensive collection of large-print books in the residence's library.

SAMPLE MENU

Breakfast

Cereals, porridge, toast with condiments, seasonal fresh fruit, prunes and tinned fruit

Bacon and eggs

Tea, coffee, juice

Morning Tea

Homemade scones with jam and cream

Tea, coffee

Lunch

Honey mustard roast beef with gravy and potatoes

Creamy tomato and spinach penne

Choice of a variety of vegetables

Bread roll

Warm cake and custard, fresh fruit

Tea, coffee, juice, chilled water

Afternoon Tea

Homemade ANZAC biscuits

Tea, coffee

Dinner

Sweet potato and red lentil soup

Pork and apple casserole

Choice of sandwiches

Chicken salad

Spiced pears and custard





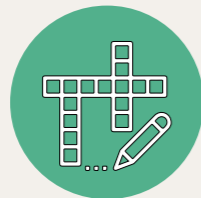
Lifestyle

Lake Haven Court is more than just a residential care facility. Our community has a number of lifestyle options to suit you, no matter your interests or preferences.

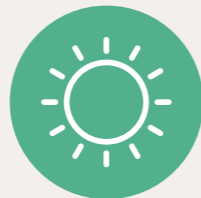
Our dedicated lifestyle and activities team are there to make sure every day is different. Perhaps you'll join an exercise program, sit back and enjoy a movie night, get into some crafts, or play games with other likeminded residents. For residents who may not be able to join activities in our Activity Rooms, our team visit individual rooms every day to make sure that no matter your care needs, you don't miss out.



Bingo



Word Games



Outings and Excursions



Exercise



Movies and Films



Entertainment



Arts and Crafts



Games and Clubs

Respite Care

At Lake Haven Court, we're here for you and understand that whether for a few days, weeks or months, everyone needs a break or some time for respite.

Lake Haven Court offers respite care accommodation on an at-need basis. Circumstances that necessitate respite accommodation may include:

- recovery from illness
- post-surgery
- domestic carer's leave.

Lake Haven Court's team of trained professionals can take over the domestic caring role on a daily or even hourly basis, providing a welcome opportunity for domestic carers to attend to personal errands, chores or simply rest.

With access to all the facilities our residents enjoy, as well as our dedicated care team, it's the ideal way to ensure that your loved one is safe and cared for.



Finance

We understand that dealing with the financial aspects of moving into residential aged care can be confusing and confronting, especially when the situation may be urgent or complex.

How much you pay towards care, accommodation and daily living costs vary from individual to individual and depends on your financial situation. The Australian Government regulates this strictly to ensure that you pay no more than you can afford. The Australian Government sets the maximum fees for care and daily living expenses, and there are also rules about how much you can be asked to pay or contribute to your accommodation.

You may be asked to pay one or more of the following:

- A basic daily care fee for the cost of your daily care needs (dispensing medication, showering, cleaning etc). Depending on your financial situation this may be the only fee you need to pay.
- A means-tested care fee. This is an additional contribution towards the cost of care that some people may be required to pay. Centrelink or the Department of Veterans' Affairs (DVA) will assess if you are required to pay this fee based on an assessment of your income and assets, and will advise you how much if any you need to pay.

- An accommodation payment. This includes things such as meals, electricity and laundry. Some people will have their accommodation costs met in full or part by the Australian Government, while others will need to pay the accommodation price agreed with the aged care home. Centrelink will advise you which applies to you based on an assessment of your income and assets.

- Fees for extra or additional optional services.

Our aim is to make your life as easy and simple as possible. We are always happy to explain about the costs associated with the care we provide.

The Australian Government's My Aged Care service is very helpful in outlining what aged care services are available, how to apply for aged care and the fees associated with aged care. The contact centre number is **1800 200 422** and the website is www.myagedcare.gov.au/find-a-provider/aged-care-homes/1199579.

Our supportive and understanding team are available to assist you. Please contact us with any questions

Contact Us

Phone 02 4389 1133

enquiries@alinoliving.com.au

alinoliving.com.au

5 Stratford Avenue

Charmhaven NSW 2261





Alino

LIVING