

# St Louis On Sea

Respite care that feels like a holiday break in Victor Harbor



August 2020

Joanne lives alone in an independent retirement village with a home care package from St Louis in Victor Harbor. Her family live close by and provide additional support when she needs it. She was initially very reluctant to stay at St Louis on Sea for respite care, but her family encouraged her. Her daughter felt that staying by the sea and participating in social activities with other people would benefit her.



## Joanne used her home care package for two weeks respite care

Respite care provides benefits to both carers and their loved ones. Carers may need to travel away from home or need a temporary break from routine care.

It's not uncommon for carers to experience caregivers' guilt, and this can be taxing.

Some respite care built into a home care plan can provide the relief needed to happily continue looking after a loved one. We help our clients plan ahead and allocate a part of their home care package funds toward respite care if they know they will be needing some extra care – after a hospital stay or simply for a break.

Joanne's family was initially concerned about disrupting her routine and making her feel unhappy. But after visiting the residence together, they encouraged her to spend some time there and Joanne agreed.

Her family organised a two week stay. When she arrived and had settled into her room, we began the admission process. She informed us that as nice as everything was, she would only be staying for a week.

However, after the first few days, she was settling in comfortably, getting to know the other residents, and participating in daily activities and outings. She decided to stay the additional week and was very glad she did.

Joanne had a wonderful "holiday" break. *"I thoroughly enjoyed my stay. The staff were wonderful, the food was excellent, my room was very nice and I was thrilled with the excursions I did. They brought back lovely memories for me."*

She visited The Bluff, Goolwa, Murray Mouth, Hindmarsh Island, Port Elliott and Middleton beaches, ate fish and chips on the seafront, fed seagulls and participated in some well-deserved retail therapy!



Let our family help take care of yours.



### **A place where Active Living is encouraged**

St Louis on Sea has been designed to provide a warm, engaging environment where people feel genuinely at home.

We encourage “Active Living” - participating in daily life as usual and being actively involved in a home environment, not just getting cared for. This includes shopping, cooking, baking, cleaning, gardening and other daily tasks that bring a sense of fulfillment and purpose in a traditional home.

We also encourage getting out and about and social in the local community. St Louis On Sea is located close to churches, shopping centres, allied health professionals, parklands, hotels and community centres so it makes socialising easier.

### **St Louis On Sea is an innovative and new approach to aged care in South Australia**

St Louis on Sea is a luxuriously appointed small and modern residence with only eight rooms, each with a private bathroom. Located across the road from the beach in Victor Harbor, it has sweeping views of the ocean in a relaxed and peaceful atmosphere for residents to enjoy their days.

The home is fully equipped with state-of-the-art technology to provide the best of care to residents while ensuring they are participating as actively as possible in day to day life. St Louis on Sea



provides 24x7 personalised care and specialises in Montessori based dementia care and respite care.

St Louis on Sea was created as a home that looks, smells and feels like a traditional Australian home. This style of aged care has been trialled and proven in other countries, and St Louis is the first aged care provider to bring this innovative concept to South Australia.

### **Give us a call to discuss respite care for your parent or a loved one**

If you are caring for someone on a regular basis and need a break, or you need to travel, rest assured your loved one will be in a warm and welcoming home environment. If you would like to find out more about St Louis On Sea for respite care, or for a short stay, call us on **8332 0950** and we can arrange a visit.

**St Louis On Sea**  
20 Esplanade, Victor Harbor SA 5211

**For enquiries, please call 8332 0950**  
[www.stlouisagedcare.com.au](http://www.stlouisagedcare.com.au)

