



Residential
Care

Ainslie Low Head



Southern Cross Care
(Tasmania) Inc.

Feel right at home.

scctas.org.au

Welcome to Ainslie Low Head

Enjoy the best of coastal living at Ainslie Low Head, where spacious rooms and seaside views are complemented by a convenient location just 35 minutes from Launceston.

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.



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, + one hot option daily
- Morning Tea – Fresh baked items or biscuits
- Lunch – Two-course sitting with two main course options
- Afternoon Tea – Fresh baked items or biscuits
- 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 & ADDITIONAL SERVICES

Small and large lounge areas with stunning water views

Couples with differing care needs are accommodated

Wellness Centre

Full stocked library

Outdoor courtyard

Nutritious, fresh seasonal menus

Large well-equipped activity room

Multi-denominational Chapel

Kiosk

Dining rooms with views of the Tamar River

Tranquility garden

Visiting hairdresser

Pastoral care support

Nursing staff 24/7

Allied health services e.g., physiotherapy



Activities & 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

14 Standard rooms

26 Superior rooms

28 Premium rooms

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

Standard

Rooms are 15m² and includes a private ensuite.

- Sunny outlook
- Various small sitting rooms
- Easy access to main dining room and other communal facilities
- Courtyard or rural views
- Located in the original wing

Superior

Rooms are 15m² and includes a private ensuite.

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

Premium

These spacious rooms are 17m² and includes a private ensuite.

- Sunny outlook
- Various small sitting rooms
- Easy access to main dining room and other communal facilities
- Views of the River Tamar

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.

Fees & Pricing

The cost of residential aged care can vary depending on your individual financial circumstances and the services you receive.

Residents will be asked to contribute towards their everyday living costs through a Basic Daily Fee, which helps cover meals, cleaning, laundry and other day-to-day services.

Depending on an assessment by Services Australia, some residents may also be required to pay a Means Tested Fee (or other government-assessed contribution) based on their income and assets.

Residents may also be required to pay for their accommodation. This can be paid as a Refundable Accommodation Deposit (RAD), a Daily Accommodation Payment (DAP), or a combination of both. Current room prices can be found on our website.

Our team can provide information about the fees that may apply and assist you in understanding the government assessment process and available payment options.

Ainslie Low Head

196-224 Low Head, Road Low Head, TAS 7253

Phone: 03 6208 5100

Email: enquiries.ainslielowhead@scctas.org.au



Southern Cross Care
(Tasmania) Inc.

scctas.org.au