



Residential  
Care

# Guilford Young Grove Sandy Bay



Feel right at home.



Southern Cross Care  
(Tasmania) Inc.

# Welcome to Guilford Young Grove

## Perched high on a hill in the leafy Hobart suburb of Sandy Bay

The extensive unobstructed water views across the Derwent River provide an ever-changing vista for our wonderful residents. Guilford Young Grove has an enviable reputation for being a friendly, cosy facility with personalised service from dedicated staff. The residential rooms make the most of the expansive views where residents can enjoy a warm sunny aspect with stunning views over the gardens to the river and city.



## Food

Dining at Guilford Young Grove 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

Nutritious, fresh seasonal menus

Large well-equipped activity room

Fully stocked library

Multi-denominational Chapel

Shopping Trolley

Outdoor courtyard and landscaped gardens

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



## Activities and Lifestyle

Guilford Young Grove 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 lunch outings, 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.

There is a monthly calendar inspired by residents' choices, preferences and 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

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7 Standard room

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33 Superior rooms

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1 Premium rooms

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2 Deluxe rooms

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

### Standard

These compact rooms are 10.8m<sup>2</sup> plus private ensuite.

- Easy access to the garden
- Easy access to small sitting rooms with tea making facilities
- Main lounge with unsurpassed river views.

### Superior

These rooms range in size from 13.6-18.5m<sup>2</sup> and all have a private ensuite.

- Direct garden access
- Garden views
- Some have river views
- Easy access to small sitting rooms with tea making facilities
- Main lounge with unsurpassed river views.

### Premium

This large room is 21m<sup>2</sup> and has a private ensuite.

- Private garden access
- Main lounge with unsurpassed river views.

### Deluxe

These large rooms range from 21-25m<sup>2</sup> and all have a private ensuite.

- Separate lounge area
- Private kitchenette
- External door to garden
- Main lounge with unsurpassed river views.

# 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.

## Guilford Young Grove Sandy Bay

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Brochure last updated 09JUN2026



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