



Residential  
Care

# Mount Esk St Leonards



Feel right at home.



Southern Cross Care  
(Tasmania) Inc.

# Welcome to Mount Esk

Situated in a rural suburb of Launceston in Northern Tasmania, Mount Esk is a gracious facility providing exceptional care to residents

Offering an attractive, sunny position, large gardens and walking paths, you will feel the calming ambience from the moment you step inside. Boasting big windows to capture the incredible view and light, Mt Esk is a place where kindness and care go hand in hand.



## Food

Dining at Mt Esk 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

Multiple, spacious and comfortable lounge areas

Light filled spaces with rural views

Pastoral carer

Wi-Fi

Multi-denominational Chapel

Outdoor deck with BBQ area

Mobile kiosk

Many smaller lounges for more personable get togethers

Large function and activity room with stage and cafeteria

Allied health services such as physiotherapy and podiatry

Nursing staff 24/7



## Activities and Lifestyle

Mt Esk 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

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3 Standard rooms

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20 Superior rooms

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37 Premium rooms

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14 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 comfortable rooms are 15m<sup>2</sup> plus a private ensuite.

- Sunny aspect
- Easy access to main lounge & dining areas
- Easy access to sun deck
- Phone receiving incoming calls

### Superior

These comfortable rooms are 15m<sup>2</sup> plus a private ensuite.

- Easy access to main lounge & dining areas
- Easy access to sun deck
- Garden or rural views
- Sunny aspect

### Premium

These larger rooms are 16m<sup>2</sup> plus private ensuite.

- Rural views
- Sunny aspect
- Easy access to small sitting rooms with tea making facilities

### Deluxe

These refurbished modern rooms are 29m<sup>2</sup> plus an extra-large private ensuite.

- Sunny aspect
- Large picture windows with expansive rural and garden views
- Individually controlled heating & cooling
- Easy access to 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.

## Mount Esk St Leonards

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