

Welcome to  
**Yallambee Lodge**



**respect**



## Welcome to Yallabee Lodge

1 Binalong St, Cooma NSW 2630  
(02) 6452 1669

At Yallabee Lodge, delivering high quality, customised aged care services is central to everything we do. Spend your days immersing yourself in our green outdoor spaces, enjoy freshly prepared meals, and engaging in our vibrant lifestyle programs.

### Everything you need to feel at home

At Yallabee Lodge we understand that each of our residents are unique. Our approach to care provides structure, stability, and attention to detail in meeting each of our residents' needs while also facilitating their independence.

With a robust social calendar curated by our social care team and therapies for all to enjoy, our staff at Yallabee Lodge go above and beyond to provide compassionate care and nurture long-lasting rapport with each of the residents in our homes.

### A place to call home

Yallabee Lodge comprises five separate houses, each accommodating eight residents. Every house features a large lounge room, dining room, kitchen (secure in Houses 4 and 5), and a quiet sitting area. All common areas are air-conditioned and equipped with underfloor heating for optimal comfort.

Relax in our welcoming communal areas or peaceful outdoor areas. Filled with plants and flowers, they're a quiet place

to sit and enjoy the sun. Each bedroom is well-appointed, with garden view and private ensuite.

### Support tailored for you

Our team of expert staff provide top-tier residential aged care specialising in services for those in need of support for declining health. With personal care assistants to help with everyday living, housekeeping services and our team of registered nurses on-call 24 hours, seven days a week, you can rest assured knowing there is always support when you need it.

### Comprehensive care

All our residents at Yallabee Lodge have access to frequent visits from specialist providers including physiotherapists, dietitians, optometrists, speech pathologists, pharmacists and podiatrists.

Our dedicated team of social care coordinators curate entertainment, events and activities designed to inspire interest, participation, and promote better health and wellbeing.

### Healthy and well balanced meals

Our cooks provide filling, delicious and nutritious meals using only the freshest of ingredients, prepared daily on-site.

Our residents enjoy a wide variety of food with a four week rotating menu, daily selections of seasonal fresh fruits and vegetables and a menu that reflects the cultural demographics of the home. Along with two menu options for lunch and dinner you will enjoy a continental or cooked breakfast daily.



### **A sense of community**

Guided by our values of respect, care, and integrity our staff are focused on providing a warm and compassionate environment for our residents to enjoy.

At Yallambee Lodge we see our residents as people, not patients. The relationship between our staff and our residents is important to us, which is why our bonds are strong and trusting. Here, people can feel a sense of belonging and build meaningful friendships.

From school visits and collaborative projects with local schools, to vibrant lifestyle and leisure programs, you'll enjoy lots of activities held regularly at Yallambee Lodge.

Becoming a resident here does not mean severing ties with your existing lifestyle. Maintaining community involvement is something that we support and is a big part of life at Yallambee Lodge.

We encourage our residents to be as actively involved as they wish to be, while ensuring everyone's personal space is respected.

### **Staying connected**

Friends and family can visit Yallambee Lodge at any time. However, we understand that it might not always be possible.

For added peace of mind, remote video calls are always available so that you can stay connected with family and friends. Our team is skilled to assist with technology to set up a successful video call or assist in facilitating a visit from your loved ones, whenever you like.

## **Our history**

In the late 80s, the Cooma-Monaro Council first voiced their support for the development of a hostel-style accommodation to support older people and families in need across Cooma and the Snowy Monaro region. To bring this concept to reality, a grant in the order of \$660,000 was obtained from the Federal Government. And, further adding to the groundswell of public support for the endeavour, a range of fundraising events were also held across the community, with local donations ultimately exceeding \$244,000.

The land on which Yallambee Lodge stands was originally acquired for \$38,000 from the Snowy Mountains Authority and the original building budget for the development of the home was initially set at \$1.6 million.

A steering committee was formed to coordinate the planning, design, construction, and preparation of Yallambee Lodge, featuring community leaders who worked collaboratively with local builders to commence construction. Together, with several more local leaders representing the wider Snowy Monaro region, this group also formed the home's first management committee.

Following its successful construction, a 24-bed Yallambee Lodge was officially opened on 11 November 1995 by the member of Eden-Monaro, Mr Jim Snow MP. In the years which followed, the home would grow its service and support for residents and the local community, ultimately increasing its capacity to 40 aged care beds.

In April 2024, Yallambee Lodge joined national not-for-profit aged care provider Respect and its growing network of homes across the country, following a positive vote from the Snowy Mountains Regional Council.

As part of the merger, Respect announced it would be embarking on a significant redevelopment of local aged care services for Cooma and the surrounding region to ensure local families would continue to receive the highest level of care and support for generations to come.

## **Steps on the path to aged care living**

Before becoming a resident at Yallambee Lodge it's important for you and your loved ones to have an open, honest discussion about your needs and budget. For many, moving to residential aged care can be a significant lifestyle change that comes with many questions. Before you begin your journey, there are a couple of steps you can take to assess if this is the right move for you.

### **1. Determine your eligibility**

To determine if you're eligible for aged care, you will need to be assessed by the Aged Care Assessment Service (ACAS) through My Aged Care, the Australian Government body responsible for aged care services.

This can be organised through a doctor, social worker, or health professional. For more information on Aged Care Assessments, you can speak with your doctor or a member of our helpful Customer Service team on 1300 144 144.

### **2. Find the right home**

Everyone is different and that's why an aged care home that's a perfect fit for one person isn't necessarily the perfect fit for another.

Finding the right aged care home is all about personal preferences, specific requirements, and aesthetic taste. That's why at Respect, we create our homes to offer something for everyone and to be as accommodating as possible.

You can book a tour of Yallambee Lodge, or any of our Respect aged care homes to allow you to speak with residents and members of staff to provide a well-rounded view of what we offer.

### **3. Understand costs**

Your own personal circumstances and financial situation will influence the amount you pay for an aged care facility. The Government determines how much you pay or may be required to contribute.

To better understand the costs associated with residential aged care, we recommend seeking financial advice before applying. The cost of residential aged care consists of care fees and accommodation fees, which are explained below:

- Basic daily fee: This fee covers living costs, such as meals, electricity, and laundry.
- Means-based fee: This fee is calculated by the Department of Human Services based on your income and assets and is a contribution to the cost of your personal and clinical care.



- Accommodation payment: Paid through an upfront amount, daily payment or a combination of both, this cost includes the room that you will occupy.

- Additional service fee: Some services are included in our Additional Services package, which incurs a mandatory additional fee. Additional Services packages are offered in selected Respect Aged Care homes, for a full list of services and their estimated costs, please contact us.

#### 4. Apply to live at Yallambee Lodge

After determining your eligibility and understanding fees, all prospective residents need to complete and submit an application. You may fill out an application in person at any of our homes. We recommend that you fill out an application with the assistance of your doctor and/or loved ones.

#### 5. Move in

As soon as we've determined that we can meet your needs and have a suitable vacancy, you will be notified with an offer of residence, along with a move-in date. If there are no current vacancies, we'll let you know when a space becomes available.

You will be provided with a Resident Agreement, which outlines the services, fees, rights, and responsibilities. This legal document will need to be signed and returned before moving in.

### We're here, every step of the way

At Respect, we know that choosing the right aged care home can be a daunting task. We can help with navigating the assessment process and the necessary paperwork to make your transition to residential aged care a breeze.

Contact our Customer Relationship Coordinator – Jasmyne Turner on: 0458 803 250

### About Respect

**"We believe the elderly are individual people with rich histories and worthwhile lives and age does not diminish their value."**

As a proud not for profit organisation since 1922, Respect Aged Care serves older residents through our high standard of care and community. Our focus is on giving back to older adults by fostering communities of belonging. Headquartered on the northwest coast of Tasmania, our philosophy is: **Everyone deserves the right to a life well-lived, with dignity and respect.**

Our organisation is constantly growing, with many homes spanning three states, and thousands of residents and employees.

### Our values include:

**Respect** Treat all people with fairness and dignity.

**Integrity** Be open, honest, and trustworthy.

**Care** Look after and protect older people and each other.

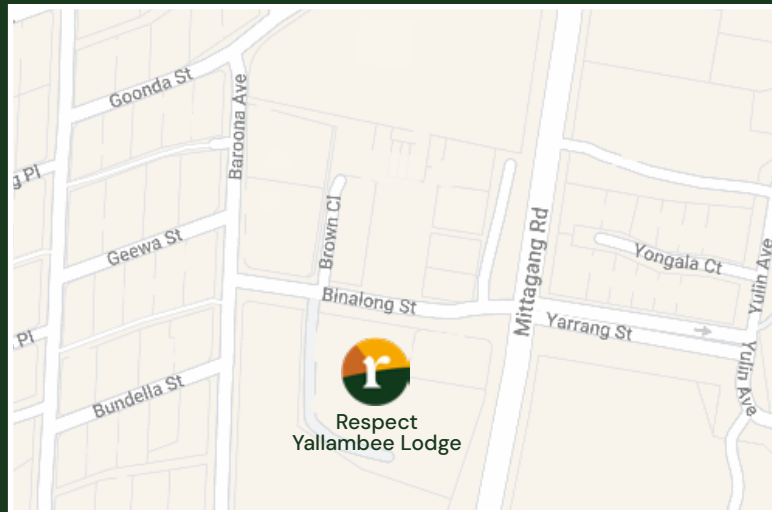
**Innovation** Think differently to solve problems.

**Teamwork** Encourage, cooperate, and build trust.

**Excellence** Drive quality to continuously improve.

**Courage** Do the right thing, even when it's difficult.

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