



# RESIDENTIAL CARE

## Lourdes Valley





## LOURDES VALLEY

Located at Myrtle Bank, Lourdes Valley provides the very best of care, enabling our residents to live well, providing high care services to up to 70 residents.

Residents can enjoy chef-cooked meals, prepared on site, which cater for special dietary requirements.

Outdoors, there are many comfortable areas to relax or socialise with family and friends.

The site also has a Day Therapy Centre offering physiotherapy, occupational therapy and podiatry services on site.

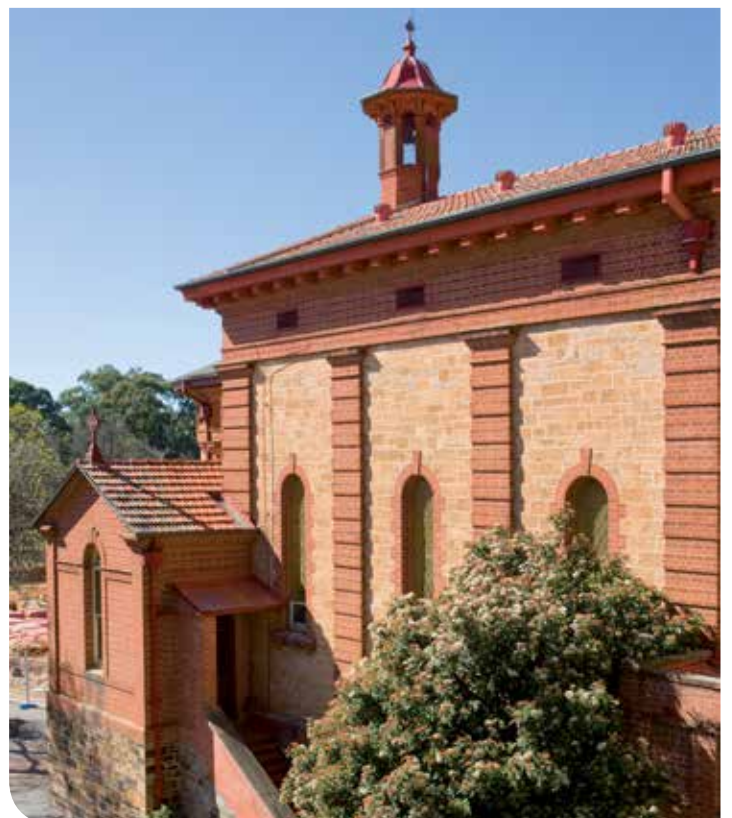
## HEALTH, CARE AND LIFESTYLE

Southern Cross Care is committed to providing the highest levels of health promotion, quality care and lifestyle opportunities for older people living in residential care.

Health promoting activities are integrated into every aspect of our services. Our settings are structured to make healthy choices easy and provide you every opportunity to achieve optimal physical, mental, emotional and social wellbeing.

We focus on early interventions to aid recovery, restore function, and advance your health outcomes. We offer care to suit the level and complexity of your individual needs, including specialist memory support services.

Our highly skilled and qualified staff will work with you to set and achieve personal goals to remain physically and mentally fit, emotionally and spiritually strong and connected to family, friends and the community.





## FEES & FUNDING

Fees do apply to residential care services and although the Australian Government provides some support, you may need to contribute. The amount will be based on your financial situation and care needs.

Prior to admission, all the rules and fees will be carefully explained to ensure that you fully understand them.

Our friendly Care Options team would be pleased to discuss your individual circumstances on 1800 852 772.

## FEATURES



- Spacious ensuite rooms with built-in wardrobes and views
- 70 beds with couples rooms available
- Secure gardens and environment
- End of life care
- Long term stay respite care on availability
- Room controlled reverse cycle air-conditioning
- Pay TV
- Chef-cooked meals prepared on site and catering to all dietary requirements
- Lounges for family visits and relaxing
- Kiosk
- Hairdressing and beauty therapy salon
- Rehabilitation services
- Chapel.



## LOURDES VALLEY

18 Cross Road

Myrtle Bank SA 5064



## CONTACT US

For further information or to register your interest please contact Southern Cross Care (SA & NT) on 1800 852 772, email us at [care.options@southernxc.com.au](mailto:care.options@southernxc.com.au) or visit our website [southerncrosscare.com.au](http://southerncrosscare.com.au)

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