

Welcome to
Hudson House



respect



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8 Fachin Ave, Cooma, NSW 2630

Nestled in the idyllic Southern NSW town of Cooma, also referred to as the "Gateway to the Snowy Mountains," Hudson House is a haven for aged care residents. With its convenient location, just an hour away from Canberra, coastal beaches, and the snow fields, residents at Hudson House enjoy a diverse range of opportunities.

Residents can relax in the tranquillity of the surrounding gardens or partake in organised outings to explore the natural beauty of the region.

Everything you need to feel at home

At Hudson House 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 Hudson House 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

Hudson House boasts bright spaces that are thoughtfully designed, with comfortable and airy rooms that promote a sense of openness and wellbeing.

The spacious design of Hudson House reflects a commitment to creating a welcoming and homely environment where residents can thrive and experience the highest quality of care.

Each room comes complete with views of surrounding serene gardens, or of quiet and regularly maintained inner courtyards.

Alongside our single rooms, we offer dual rooms which are a comfortable option for two people who prefer to share a room. The home features large, welcoming communal areas and a shared balcony to sit and relax.

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 Hudson House, have access to frequent visits from specialist providers including physiotherapists, dietitians, optometrists, speech pathologists, pharmacists and podiatrists.

We have key staff members and skilled facilitators to support residents to be as independent as possible. A tailored activities program is developed around each of our resident's recreation, spiritual and leisure interests.

Healthy and well-balanced meals

Our chefs 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 with daily selections of seasonal fresh fruits and vegetables. Alongside two menu options for lunch and dinner you will enjoy a continental 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 Hudson House, 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 genuine friendships.

From school visits and collaborative projects with the community, to vibrant lifestyle and leisure programs, you'll enjoy many activities held regularly at Hudson House.

Becoming a resident at Hudson House does not mean severing ties with your existing lifestyle. Maintaining community involvement is something that we support and is a big part of the life at Hudson House. We encourage our residents to be as actively involved as they wish to be whilst everyone's personal space is respected.

Staying connected

Friends and family can visit 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 1978 the local community formed the Cooma District Nursing Home Association to investigate facilities needed in the area for the aged and infirm. With local fundraising and the assistance of three local government councils and government grants a nursing home was built: Sir William Hudson Memorial Centre (SWHMC).

The home was named after Sir William Hudson the NSW Chief Civil Engineer who managed the construction of the Snowy River Scheme. Sir William Hudson was responsible for the biggest engineering construction ever undertaken in Australia which was named an engineering wonder of the world.

SWHMC was officially opened on 1 May 1982. In 2007, the addition of a 20 bed Dementia specific low care unit was completed.

In 2014, another 10 bed wing increased the number of beds to 72. The home stands today honouring the strength, courage and determination of Sir William Hudson and the local community.

In 2023, SWHMC merged with Respect, with the latter taking on management of its operations. In June of the same year, Respect engaged with the local community – including staff, residents and their families – to seek suggestions for a new name for the home. Following a survey where all stakeholders were given an opportunity to voice their

perspective, Hudson House was installed as the home's new name.

Today, the home stands as a leading provider of aged care services in Cooma. Its rich history is a testament to Hudson House's commitment to the wellbeing of older Australians, and Respect is proud to continue that tradition.

Steps on the path to aged care living

Before becoming a resident at Hudson House, 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 Hudson House, or any of our Respect aged care homes to allow you to speak with residents and members of staff.

Contact our Admissions Team on:
(02) 6452 3588

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 we cover 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 daily fee.

4. Apply to live at Hudson House

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. Applicants may apply to multiple locations at the same time and are free to decline any offer.

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 Admissions Team to set up an in-home consultation on:
(02) 6452 3588

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. We know what it takes to provide exceptional care to older Australians.

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.

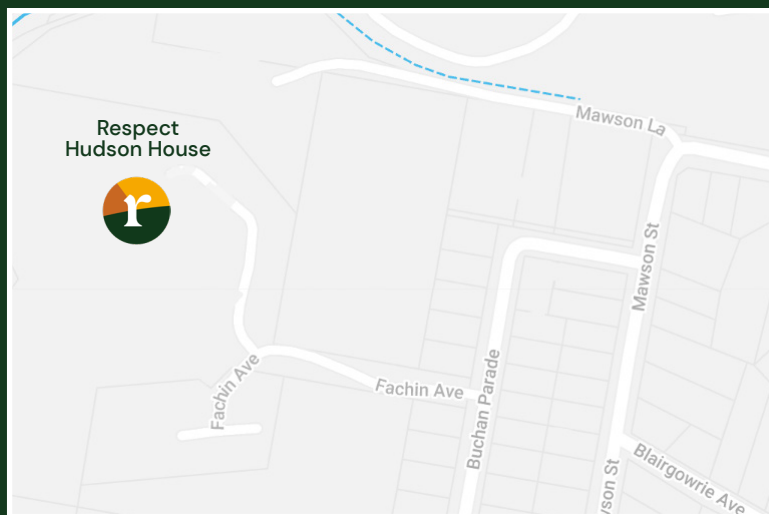
Innovation Think differently to solve problems.

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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Opening Hours
Monday – Friday
9 am – 5 pm

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