

The difference between group homes and aged care facilities?

Deciding which aged care option is right for you, your partner, your parent or your loved one, can be difficult – especially if you're new to the world of aged care and not sure where to start.

There are a number of traditional aged care options to choose from – from in-house care, living with family, or a traditional aged care facility – but an increasing number of older Australians and their families are looking to a new concept in aged care.

Group homes that specialise in aged care are incredibly popular internationally – offering a number of benefits over and above those provided by traditional aged care institutions and rest homes. Want to learn what makes them different? Read on...

Group homes feel like home

Group homes for aged care are not designed like care facilities – they're homes first and foremost. The only difference between group homes and the houses they're next door to is that they're specifically designed to support the unique needs of people living beyond a diagnosis of dementia.

Unlike aged care homes and facilities, which can tend to feel institutional and impersonal given their large-scale structure, group homes are homes, and are designed to feel like home. Home means different things to different people, for some it might be smells of home, for others it might be a place from their childhood. Familiarity can be a place that looks familiar, has sounds that are familiar or familiar smells. This comfortable feeling of being at home becomes part of the therapy for someone living with dementia as it creates a sense of belonging and



purpose. The small scale and intimate nature of group homes is designed to be welcoming, and put new residents at ease.

Group homes are part of the community

Life changes can be difficult for people of any age – particularly the upheaval of moving house, and especially for elderly people who may have been living at the same residence for many years. One of the biggest benefits of a group home is that it helps ease the transition by creating inviting home environments, and allowing people to stay within their local community.

These aged care homes are positioned within the community, to enable residents to remain within the areas they know and love, close to family and friends, and visit familiar places nearby such as favourite cafes, shopping centres and sports clubs.



Find out more
1300 015 406
www.grouphomes.com.au

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Doing Dementia Differently

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Group homes encourage independence and autonomy

A loss of independence is one of the greatest worries many elderly people face when they are choosing an aged care provider. While the regimented and regulated nature of traditional aged care homes and institutions can reduce the autonomy of their residents, group homes actually encourage residents to remain independent, take ownership of their spaces, and take an active role in contributing to the household activities.

Group home environments offer 24/7 care, but the focus is on supporting residents to remain independent and capable, which positively contributes to overall wellbeing. There is a strong focus on the residents' abilities rather than their disabilities, and the Homemakers encourage the residents to continue to do what they love, and simply adapt these activities as their care needs change.

Group Homes are social

While many aged care facilities offer activities for residents, not every retiree or elderly person has an interest in puzzles, knitting, macramé, chess or old-timey sing-alongs. This new generation of elderly Australians is independent and young at heart, and they have very different expectations about what they want to do with their time after retirement.

Group homes are designed to be a social hub, where likeminded residents can not only live with the support of specialist aged care, but

also make new friends, enjoy social spaces with visiting family and friends, such as large entertainment and outdoors areas.



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