Shifting from an independent unit into a serviced apartment transformed the life of Betty McGregor in ways she could never have imagined.

When Betty McGregor moved into Hillsborough Heights 11 years ago, she was looking to move out of her Balmoral home into something that was smaller and easy to manage. One of the independent living units that sit topside on this fantastic Hillsborough site proved to be the ideal choice.

“When I told my family I was moving into a retirement village unit they were taken aback. But it just felt right, felt like home. When they saw how happy I was, they changed their minds and agreed it was the best move,” says Betty, who has spent many years living and working in the local area, including a long stint as a Postmaster at Three Kings Post Office.

Betty enjoyed the ease of retirement village living with no more worries about mowing lawns or other household maintenance. She also loved the social side of village life, establishing great friendships and staying very active amongst the village community.

“I played bowls and pétanque. I helped run and stock the village’s shop and spent time behind the all-important village bar. Happy hour is one of the best times of the day,” she says.

Unfortunately, Betty began to experience a number of health issues in recent times. While she had support from village staff, she began to lose her mobility and with her unit positioned at the top of the village, she slowly became isolated from the vibrant village life she loved so much.
“I did feel lonely up there and started feeling a bit anxious about this and that. As far as my health was concerned it only made matters worse,” she says.

It was then Betty decided to move from her independent unit into one of Hillsborough Height’s serviced apartments, specifically designed for people who require daily assistance. Along with the extra support, the move into a serviced apartment meant Betty was steps from the village community centre, restaurant, bar and bowling green. Now being involved in village life was far easier.

For Betty, a transformation happened virtually overnight. “The move into a serviced apartment has given me a whole new lease of life. I’m so much happier and my health has improved out of sight. My doctor couldn’t believe her eyes when she saw me – she wondered what on earth had happened!” she says.

“A cleaner comes in once a week. My laundry is taken care of. I have three delicious meals a day and I know I can get help at the push of a button. This move has made all the difference to me and I’m loving life again. It has also been great for my family. They know I’m in good hands which has meant they can take their overseas holidays with total peace of mind. It is a win-win situation and I couldn’t be any happier with my decision.

To find out more about serviced apartment living options at Hillsborough Heights, call Kay on 09 626 8060 or visit www.metlifecare.co.nz.