

# Your house. Your castle. Your way.

Different living options explained



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## Retirement Village Living Options Explained

We all have different needs, and different things that matter to us.

They also tend to change as we do!

Retirement villages offer a variety of living options, allowing you to enjoy your best life in retirement with the level of support you require. Some residents live completely independent lifestyles, while others need a little extra care to help them remain relaxed, happy, and able to take advantage of village life.

### Broadly, most retirement villages offer three different accommodation types:

- **Independent Living**
- **Assisted Living**
- **Care Homes**

In this handy guide, we'll introduce you to each of the options available and talk through what they offer.

## Independent living

### Every day – your way

'Independent living' generally refers to any form of accommodation that comes without personal services.

In an independent living villa, unit or apartment, residents are free to come and go as they please, enjoying the level of solitude or social interaction that suits them, just as they did when living outside a village.

As the name indicates, independent living options are designed to suit people who are able to live independently. Carefully crafted to suit the lifestyles of active retirees, they're convenient, stylish, and private. Most of our homes are single level, with easy access. For your safety and security (plus a little extra peace of mind) they also tend to be fitted with emergency call buttons, so help is just a press of a button away at any time of the day or night.

Generally, the retirement village operator will take care of lawn mowing, window washing, and external cleaning and repairs – so you'll have all the comforts of home without the hassle of home maintenance. If you don't feel like cooking you can book into the village restaurant, and you can even outsource your laundry and cleaning if you like.

It's the very best of both worlds – home and holiday – every day.

Metlifecare villages are designed to make moving from one level of care to another as easy as possible. If your needs change, we'll help you meet them. Choose from flexible services and enjoy the freedom to use your own service providers.



# Assisted Living Apartments

## Enjoy the convenience of cleaning, catering and care

Designed for people who need a helping hand day-to-day, assisted living apartments offer assistance where it's needed. For example, home cleaning services, laundry, cooking, and medical assistance.

The staff will work with you to understand your specific needs, and some operators – including Metlifecare – will tailor their services to suit you, so you only add the extra services you need from a services menu. The perfect balance of independence and support when it's needed.

You're still encouraged to make your home your own – bring your own furniture, add your own personal touches, and enjoy being surrounded by your favourite things. Relish your independence in the privacy of your own space, with access to cleaning, catering and care whenever you need it.

With less day-to-day stress and help always on hand, you can get on with enjoying village life. Try new activities, meet new people, join a group or club, or simply relax and unwind knowing you'll open the door to a clean home and a tasty meal.

At Metlifecare, there's no charge for moving from an independent living unit to a assisted living apartment.

# Care Homes

## Designed with care

Care homes are home to residents that need a higher level of care. They're generally designed to feel like home, with welcoming décor and comfortable, convenient spaces. At Metlifecare we've created an award-winning 'homestead' care model to make sure residents have access to hospital-level care in a home-like environment. We want our residents to feel as relaxed as they would in their own living room.

## Working with care

Care homes are generally staffed by registered nurses 24/7, and many deliver hospital-level care. At Metlifecare, our residents have the knowledge and experience of an entire care team at their fingertips, dedicated to their physical, mental and emotional wellbeing.

## Care customised for you

By understanding your particular health needs of a resident, we can assist you in selecting the right care home and level of care. Care home staff should work in partnership with residents and their families to provide personalised, professional and compassionate life-enhancing care.

At Metlifecare, our expert care workers and nurses treat our residents like family. With respect, enthusiasm and genuine warmth, they help each person reach their goals, provide ongoing assistance with daily activities, and empower them in the areas they care about.

## How we care at Metlifecare

- We support and enable residents' independence, by getting to know them and their loved ones.
- We honour and enable residents' choices and preferences, helping them maintain control over the things they care about.
- We empower people to live the life they choose, ensuring they can feel comfortable to be themselves.

If you're considering a higher level of care in a rest home or hospital, the Ministry of Health's Residential Care Subsidy (funding) may be available to you in a number of Metlifecare's care homes. Our Metlifecare care home team can advise you.

## Experience Metlifecare's award winning care offering

Our care homes offer the highest standard of care – in every sense of the word.

# Secure Dementia/Alzheimer's Care

Available at select retirement villages, secure units are designed to meet the specific needs of older people living with dementia or Alzheimer's disease. Staffed with expert carers and nurses, they're uniquely set up to assist with the challenges of these illnesses in an environment that's respectful, supportive and kind.

Metlifecare independent living and assisted living apartment residents have priority access to Metlifecare care homes. Whilst only a few residents will ever require care home level care, you can be assured that if the need arises, you will have the ability to choose a care home with the right level of service and support that you or a loved one needs.



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Want some help to navigate the levels of support on offer?  
Call us on **0800 909 303** to learn more. [metlifecare.co.nz](https://www.metlifecare.co.nz)

  
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RETIREMENT VILLAGES