

Inside story

Artist Roscoe Shelton has made his name painting the South Australian Outback and hopes to complete a series of paintings for this year's SALA Festival.



Make the right choice



Choosing a residential aged care facility is one of the biggest decisions many South Australians will face as they age – and it's important to get it right. Deciding on which facility to call home can be challenging.

There is so much to consider and research is key. In December 2022, the Federal Government added an independent rating system to My Aged Care to provide older people with the tools and information to uncover the quality and safety of care and services on offer from providers.

"It's a little bit like when you're going to a hotel – there is a star rating system around different components: compliance, accreditation compliance, staffing, consumer experience and results of the national quality indicator program," explains Roger Levi, Uniting Communities senior manager, residential aged care. Levi is based at Uniting Communities' Murray Mudge facility in Glenelg. "We are a four-star aged care facility here and we're quite proud of that."

One of the key considerations foremost in people's minds when choosing aged care is affordability. "There is always concern about whether people can afford to move in and stay," Levi says. Ensuring a provider offers a wide range of services and programs should be another factor – are there lifestyle programs, social outings, in-house allied health services and more. "It's also about understanding whether it's a culture you want to be a part of," Levi says. "The other thing is location – where you want to live and what you want around you."

While it may seem overwhelming, Levi has one simple piece of advice – trust your instinct. "It can take a while but sometimes people will walk in and say, 'Yes, it's got the right feeling,'" he says.

For Rosemary Lewis, that's exactly what happened. The 68-year-old, pictured above with Levi, arrived at Murray Mudge for four weeks of respite care. Just two days in, she knew she had found her new home. "I thought, 'This will be perfect as there's a lot of company and I love to talk,'" she says. "I didn't even go home. It's brought me back to life and I've never looked back."