

Welcome to
Fred French



respect



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9 Amy Road, Newstead, TAS 7250

At Fred French delivering high quality, customised aged care services is central to everything we do. Enjoy your days immersing yourself in our green outdoor spaces, relishing in freshly prepared meals, and engaging in our vibrant lifestyle programs.

Everything you need to feel at home

At Fred French 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 Fred French 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

Fred French boasts modern spaces with light and airy rooms. Relax in our open outdoor areas. Filled with plants and flowers, they're a quiet place to sit and enjoy the sun. Enjoy life in your private and spacious room. Get a makeover or keep your current style looking sharp with our on-site salon.

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

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

Our dedicated team of social care coordinators curate entertainment, events, activities designed to inspire interest and participation, and promote better health and wellbeing.

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, daily selections of seasonal fresh fruits and vegetables and a menu that reflects the cultural demographics of the home. Along with 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 Fred French 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 fruitful friendships.

From school visits and collaborative projects with Scotch Oakburn College to vibrant lifestyle and leisure programs, you'll enjoy lots of activities held regularly at Fred French.

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

Staying connected

Friends and family can visit Fred French 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

Fred French is proud to share its name with the renowned local Freemason whose altruism and generosity led to its establishment and service to the local community – a tradition of selflessness, care and support that the home is committed to continuing today.

In 1910, Fred French bought land at Gravelly Beach on the West Tamar, where he established apple orchards and tea rooms. After he retired in 1924, he donated the land in Penquite

Road and part of his estate was used to establish the Fred French Masonic Nursing Home.

The Fred French Masonic Nursing Home was opened on 4th Aug 1962, as the first Masonic Home in Launceston under the Trust of the Fred French Estate (Fred French had passed away 16 years earlier). Initially, it began as an 18 bed "rest home" for the care of local Freemasons, their wives and unmarried daughters.

Fred French was gradually extended and, in subsequent decades, grew to a size which cared for 48 residents. In 1993, a new wing was added to the building and the number of places increased to 82. This new part of the home was partly funded with the assistance of the Fred French Trustees.

In 2016, Masonic Care Tasmania (MCT) was officially formed by merging Fred French and Masonic Peace Memorial Haven of Northern Tasmania Inc (together previously known as Masonic Homes of Northern Tasmania) with Freemasons Home (based in Lindisfarne and now currently named Derwent Views).

In 2022, MCT merged with Respect, with the latter taking on management of its operations across Tasmania, including Fred French.

Today, Fred French stands as a leading provider of aged care services in Tasmania. Its rich history is a testament to MCT'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 Fred French 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 Fred French, or any of our Respect aged care homes to allow you to speak with residents and members of staff to provide a well-rounded view of what we offer.

Contact our Customer Relationship Coordinator – Tracey Grace on: 0499 606 609.

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 are explained 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 fee. Additional Services packages are offered in



selected Respect Aged Care homes, for a full list of services and their estimated costs, please contact us.

4. Apply to live at Fred French

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 Customer Relationship Coordinator – Tracey Grace on: 0499 606 609.

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.

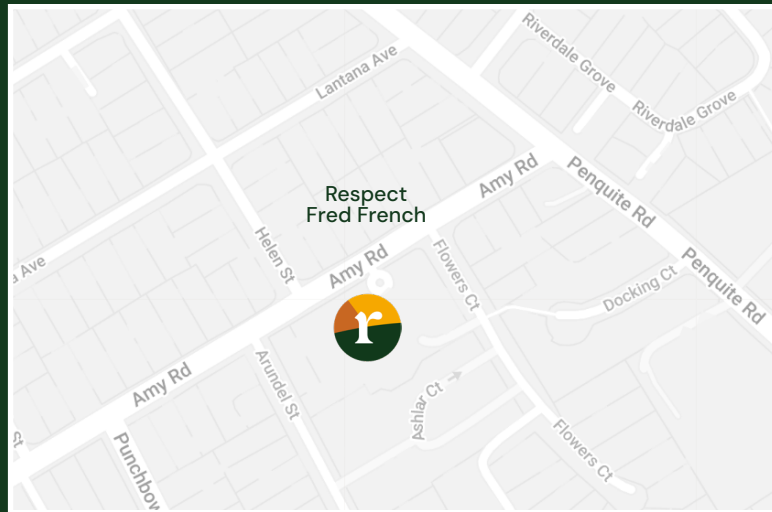
Innovation Think differently to solve problems.

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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