

Fiercely Independent At 80



Meet Elizabeth Stevenson. She's sprightly, 80 and fiercely independent. She now lives at the No Limit to Life Village in Hoppers Crossing. Earlier this year Elizabeth's life was drastically curtailed by a nasty fall in which she badly damaged her shoulder.

Sadly she was unable to continue driving or to live in her two-story home as she could no longer hold onto the stair banisters.

For Elizabeth, coping with the change was confronting, "I got terribly depressed at the loss of my independence", she said.

Elizabeth and her family were looking for an option that would acknowledge her independent spirit but also provide the option of ongoing and increased care as her need will inevitably increase over time.

"Initially the thought of a retirement village was the worst thing for me but No Limit to Life was unlike anything else I have seen. There isn't that geriatric "oldie" feel to it", said Elizabeth.

"No Limit to Life is great because I can choose what I want and decisions aren't made for me. If I don't want to cook one week I can have dinner in the dining room or have it delivered to me. The point is that services and assistance are there for me if I want them", she said.

"Help is only a button push away if I need it and that is reassuring. It takes the worry out of many aspects of ageing".

If you would like a tour of either the Hoppers Crossing or Sydenham No Limit to Life Villages, please call 1300 665 720.

The No Limit to Life retirement living option allows people to choose their own care in a place and at a time that's convenient and affordable.

They remain in charge; they retain their independence and dignity but have the support on hand when they need it.

It provides peace of mind for the individual and their families and allows couples to stay together without one being the major carer.

The more mobile partner can still have a full and active life. Unlike most traditional 'ageing in place' facilities where residents are forced to sell their independent living unit to buy into the next level of serviced accommodation, No Limit to Life enables the delivery of various levels of care without the necessity of having to move. Care and support services are only paid for, if and as needed, in a user-pays system.



Phone 1300 665 720
www.nolimittolife.com.au

Sydenham Village
Kayak Course (Off Kings Rd)
Sydenham, Victoria

Hoppers Crossing Village
312-318 Derrimut Rd
Hoppers Crossing, Victoria