

# Moving into the next chapter of living

It's been two months since 82 year old Dawn Dobson made a life changing decision that she declares was the beginning of a new and exciting chapter in her life. It was during a trial stay at Plenty Valley Village serviced apartment that Dawn decided to make the move to a retirement village.

Serviced apartments are a natural progression for retirees that require assistance with general household duties but are still active and want to remain independent.

"Although I had lived alone for a long time, responsibilities such as housework, gardening, financial obligations and even shopping were starting to become more and more difficult," says Dawn. "My family and I knew it was time to look into a different living situation where I

her Preston unit but despite the uncertainty, knew she had nothing to lose and decided to visit several villages with her daughter Kaye.

**"The thing we loved most when visiting Mum during the trial stay was seeing her out and about, making new friends and becoming quite a social butterfly, without all the responsibility and complications of household maintenance."**

"When we arrived at Plenty Valley we were immediately impressed by the peaceful surroundings and great community atmosphere. We were even more surprised by the beautiful interiors and spacious apartments. I think we were both relieved to come

week trial stay, presenting Dawn with an opportunity to experience first hand how the move would impact upon her lifestyle. Her family was also actively involved with the decision-making process and noticed the immediate and positive effects the new living conditions had.

"Mum has always been an active and social person, however over the past few years we were beginning to notice she was becoming socially isolated," recalls Kaye.

After a two week stay at Plenty Valley Village, Dawn loved her serviced apartment so much that she chose to stay.

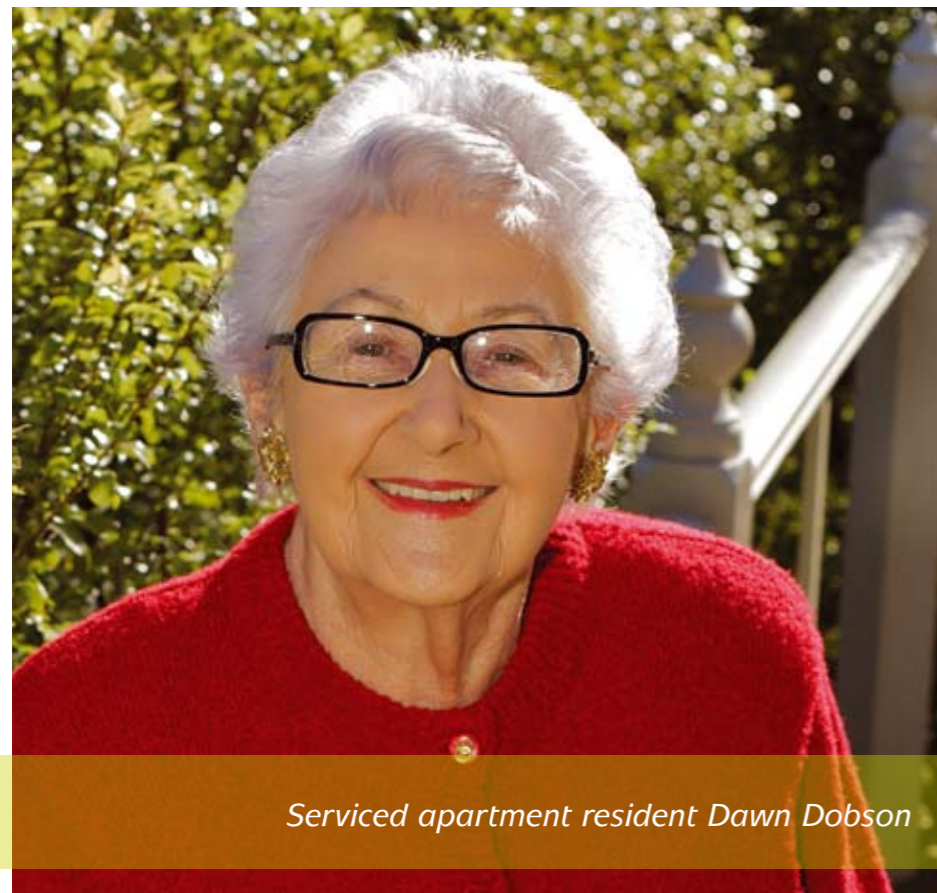
Dawn's weekdays are now pleasantly occupied socialising in the community centre, playing indoor bowls with new friends or attending resident outings.

"I love the fact I can walk outside and head to a session of aerobics or pop out to the local shopping centre without the hassle of arranging someone to take me out. The other benefits include having a doctor right at your doorstep and there is even a weekly church service conducted in the village that I look forward to attending."

After seeing how a serviced apartment had benefited Dawn, her son-in-law, Ian, arranged a trial stay for his father, Eric.

"After seeing the positive effects serviced apartment living had on Kaye's Mum I wanted Dad to experience the lifestyle benefits offered at Plenty Valley Village for himself. Our advice to him was simple and we would tell other retirees considering retirement living the same thing - take the Nike approach and 'just do it!'

Plenty Valley retirement village is situated at 208 McDonalds Road, Epping. For further information on a two week free trial stay phone 03 9401 6700 or visit [www.retire.com.au](http://www.retire.com.au).



Serviced apartment resident Dawn Dobson

would be given extra support but still feel independent."

Dawn admits that at first she was hesitant about moving away from

across a village that was ideal for Mum's needs and that reassured us all she'd be comfortable and safe."

A further drawback was the two

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