

# About Carer Support

## Are you a carer?

**People often don't perceive themselves as being a 'carer' when they voluntarily support a relative or friend.**

If you provide daily support to a person without being paid, such as doing their shopping, paying bills, assisting with showering, making meals, providing transport, because they are unable to complete the tasks themselves, you are a 'family carer'.

Equally, if the person you care for is unsafe when left alone for long periods of time, and/or has been diagnosed with dementia or a severe disability, you are their family carer.

If the person you support is frail or over the age of 65, the Australian Government recognises you as a family carer, and you are entitled to an array of support for your own health

and well-being, as well as the health and well-being of the person you care for.

To sustain the emotional health and wellbeing of people who care for others, Resthaven offers various services, including counselling, therapy, social and support groups for carers and care recipients.

Whatever support you require, you can be confident that Resthaven offers caring, high quality services for the person under your care.

The support we offer is flexible so that it adapts to your needs. Resthaven's fully insured and police checked staff are trained and experienced in meeting the needs of older people, including those with memory loss or confusion.

Access day or overnight community respite in a variety of settings, either at home or at one of our respite cottages.

Residential respite is available at all Resthaven residential aged care homes from a minimum of two weeks up to 63 days each year. Bookings are essential.

**Available in various locations across South Australia:**

Please see contact details overleaf.

**Carer supports available:**

- In home Respite
- Group Respite
- Respite Cottages
- Carer Support Groups
- Residential Respite
- Transport Service
- Resources

**Looking for community respite or services for carers?**

**Ph 8198 2060**

**Interested in residential respite?**

**Ph 8373 9113**

**or visit our website**

**[www.resthaven.asn.au](http://www.resthaven.asn.au)**



# Resthaven Respite Cottage Locations

All Resthaven Community Services offer flexible respite, tailored to your needs, including in-home and small group respite and social support for carers. Call us to discuss your needs:

**Ph 1300 13 66 33**

Transport to and from services can be arranged upon request.

## Resthaven Community Respite Services

31/12 Township Road, Marion  
**Ph: 8198 2060**

**E: [respite@resthaven.asn.au](mailto:respite@resthaven.asn.au)**

Please call **8198 2060** to book any of these respite cottages:

### *Ridgway House*

36 Sussex Tce, Westbourne Park  
*Flexible, centre-based, small group day, and overnight cottage respite.*

### *Hersey Cottages*

6-8 Township Road, Marion  
*Flexible, centre-based group extended day respite (overnight available on application).*

### *Lane Cottages*

Truro Avenue, Kingswood  
*Flexible, centre-based, small group day respite.*

### *Aldinga House*

18 Halycon Circuit, Aldinga Beach  
*Flexible, centre-based day and overnight cottage respite.*

### *Toorak House*

61 Alexandra Ave, Toorak Gardens  
*Flexible, centre-based day and overnight cottage respite.*

## Resthaven Limestone Coast Community Services

914 Pavy Drive, Naracoorte

**Ph: 8762 4389**

*Flexible, centre-based day and overnight cottage respite.*

Home-style respite for carers during the day or overnight in a supportive, relaxed and secure environment.

## Resthaven Murray Bridge, Hills & Fleurieu Community Services

### *Newland House*

1 Newland Street, Victor Harbor  
**Ph: 8534 2600**

Home-style respite for carers during the day or overnight in a supportive, relaxed and secure environment.

*Flexible, centre-based day respite is available at Murray Bridge, Strathalbyn and Port Elliot.*

## Resthaven Western Community Services

### *Regency Cottage*

111 Regency Road, Croydon Park  
**Ph: 8345 0577**

*Flexible, centre-based day respite.*

Home-style respite for carers during the day in a supportive, relaxed and secure environment. Conveniently located close to public transport.



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## More Information

All subsidised services require a referral from *My Aged Care*.

**Ph: 1300 200 422**

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*Disclaimer: Although funding for respite services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*

