



An Australian Government Initiative

## Fees

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

## Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Citizenship, telephone 131 450.

## Resthaven Therapy Services

### Locations

#### Resthaven Northern Community Services

16 Gillingham Road, SA Elizabeth 5112  
Telephone (08) 8252 6811  
northernocs@resthaven.asn.au

#### Resthaven Marion Community Services

43 Finnis Street, Marion SA 5043  
Telephone (08) 8296 4042  
marionocs@resthaven.asn.au

#### Resthaven Paradise & Eastern Community Services

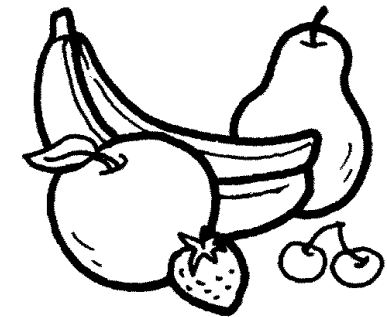
61 Silkes Road, Paradise SA 5075  
Telephone (08) 8337 4371  
peocs@resthaven.asn.au

For more information about the range of services offered by Resthaven, visit:

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



## Dietetic Services



**Resthaven Northern  
Community Services**  
**Phone 8252 6811**



## Introduction

Eating a healthy diet is a key factor in maintaining good health and quality of life.

However, as we age, it can be a challenge to eat a diet that keeps us well nourished and minimises risks of health problems.

Dietetic services assist people with dietary advice for healthy eating or to manage a medical problem.

## Eligibility

Services are offered to people aged 60 years or over and living in northern metropolitan areas. No doctor's referral is required for therapy services.

## Dietetic Services

Sessions are available on individual and group basis, as appropriate.

A dietician can help with advice and assistance with a diet related problem, including:

- General nutrition and healthy lifestyle
- Diverticular disease
- Irritable Bowel Syndrome
- High blood cholesterol
- Diabetes/impaired glucose tolerance
- Prevention of osteoporosis
- Poor appetite
- Weight loss and gain
- Dietetic services.

Resthaven Dietetic Services offer:

- Assessment
- Education
- Personalised eating plan
- Coaching to meet specific health and lifestyle goals
- Practical information such as:
  - Shopping on a budget
  - Product label reading
  - Meal planning
  - Recipe modification.

