



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.

Eligibility

A doctor's referral is not required for therapy services.

Resthaven Therapy Services

Locations

Resthaven Northern Community Services

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

Resthaven Marion Community Services

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

Resthaven Paradise & Eastern Community Services

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

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

www.resthaven.asn.au



Easy Moves for Active Ageing

A gentle physical exercise group for older adults



Resthaven Marion Community Services

Phone 8296 4042



Introduction

Resthaven Occupational Therapy Services assists older people to maintain their independence, interests and leisure activities as well as improve safety within and outside their home.

Easy Moves for Active Ageing (EMAA)

The EMAA program was developed by the Active Ageing Organisation, who work within the field of aged care.

The program includes exercises for movement and skill, which assist function. It is delivered at Resthaven by trained leaders and is designed to enable older adults to participate in physical activity.

Program Requirements

An assessment is to be undertaken by our physiotherapist prior to commencement to ensure that you are mobile and fit enough to participate safely in the program.

Aims of the Program

- To provide suitable gentle exercises for older adults
- To tailor exercises to the needs of all the individuals in the group
- To provide beneficial outcomes for all individuals in the group
- To offer variety, fun and enjoyment to all participants.

Program Activity Outcomes

- Improve mobility
- Improve range of movement
- Increase strength
- Improve function
- Improve balance
- Improve quality of life.

This is an ongoing exercise class. Exercise levels may increase according to the progress of individuals in the program.

Benefits of Physical Activity

- Maintains mental and physical fitness
- Helps to reduce the risk of falls and fracturing bones
- Improves muscle strength
- Improves stamina
- Helps maintain healthy bones, muscles and joints
- Helps blood and oxygen circulate around the body
- Helps to improve mood
- Increases energy to do the things we want to do
- Helps maintain healthy weight
- Helps control joint swelling and pain associated with arthritis.

Venue

Resthaven Marion Community Services

43 Finnis Street
Marion SA 5043
Telephone 8296 4042