



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
pecs@resthaven.asn.au

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

www.resthaven.asn.au



Good Thinking

Thinking Skills and Memory Disorders Group



Marion Therapy Services

Phone 8296 4042



Thinking Skills and Memory Disorders Group

When someone has thinking problems or is diagnosed with dementia, they may feel frightened and overwhelmed. They may have difficulty processing, understanding, and remembering information and events.

Their interest in activities they previously enjoyed or confidence in socialising may also reduce.

People may experience a sense of loss due to their changing abilities and uncertain future. They may have difficulty becoming motivated to initiate doing things they like to do.

This program will teach techniques that can help preserve and improve thinking and memory abilities to maintain or improve quality of life for the person and their family/supporters.

Group Information



- 8 - 12 week program.
- Coordinated by an Occupational Therapist with special knowledge and skills in thinking and memory disorders.
- Utilises experienced support staff and trained therapy assistants.

Aims of the Program

To provide participants with a stimulating program to help maintain thinking skills and memory.

To support participants to maintain physical and social activity, and community involvement.

To enable family/supporters of the participants to learn techniques that can help preserve thinking and memory abilities to maintain or improve quality of life.

To encourage use of strategies and activity outside the group, and ongoing in the community.

Topics and Activities

- Identifying common problems
- Dealing with frustration
- Benefits of exercise
- Communication skills
- Group activities
- Common household tasks
- Thinking exercises
- Community involvement
- Occupational Therapy
- Provides rehabilitation and support aimed at improving quality of life.

Goals of the Service

- Maintain or improve client level of independence
- Make the most of client abilities
- Teach clients new or different ways of doing things
- Improve client quality of life.

Other services include home safety advice and building modifications.