



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, Elizabeth SA 5112
Telephone (08) 8252 6811
northerncs@resthaven.asn.au

Resthaven Marion Community Services

43 Finniss Street, Marion SA 5043
Telephone (08) 8296 4042
marioncs@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



Keep Fit Exercise Program



Introduction

The Keep Fit Exercise Program is designed for people aged 60 years of age and over who are interested in maintaining or improving their physical wellbeing, in order to achieve their highest level of independence and quality of life.

Aims of the group:

- To maintain/improve joint range of movement and strength.
- To maintain/improve eye-hand co-ordination.
- To maintain/improve endurance level.
- To relieve stress.
- To provide mobility, and transfer practice.



About the Program

All clients attending this program would have previously been assessed by a therapist within Therapy Services.

Clients are requested to complete and sign a health check list.

A small contribution to the cost applies.

Your Responsibilities

It is the client's responsibility to alert the therapist of any past or current condition(s) which may put them at risk in the exercise program.



"Feeling good about yourself is necessary for a healthy life, whether young or old. Keeping fit, eating well, keeping your mind active and meeting with other people is the way to feel good and keep healthy."

- Seniors Information Service

Other Therapy Services

Resthaven Therapy Services offer rehabilitation, and support aimed at improving quality of life for people aged 60 years of age and over.

Multi-disciplinary teams of health professionals provide treatment programs, which are based on individual needs.

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

Other therapy services provided include:

- Physiotherapy
- Occupational Therapy
- Podiatry
- Continence Clinic
- Speech Pathology
- Health Promotion
- Exercise Sessions