



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

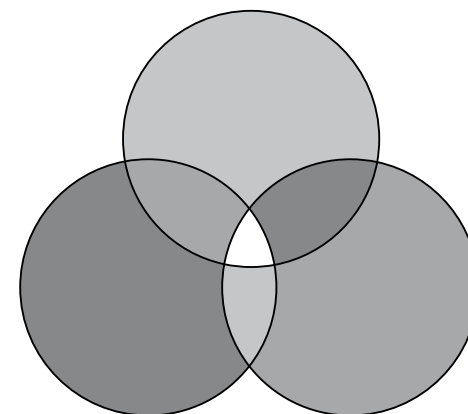
61 Silkes Road, Paradise SA, 5075
Telephone (08) 8337 4371
pecs@resthaven.asn.au

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

www.resthaven.asn.au



Living Well



Chronic Conditions Therapy Packages

Resthaven Marion Community Services
Phone 8296 4042



What is a “Chronic Condition”?

A “Chronic Condition” is an illness that tends to begin and proceed slowly and is not able to be cured. It is a condition that you have to “learn to live with” such as arthritis, Parkinson’s Disease, diabetes and respiratory diseases.

A chronic condition may lead to deterioration in your physical abilities and your capacity to cope with everyday tasks.

Sometimes people can feel overwhelmed by these changes, and may develop a sense of helplessness and uncertainty about what the future holds.

What is “Living Well”?

This program provides a health “team” approach. The assessment and therapy planning will consider not only your chronic health condition but all aspects of your ability to cope, physically and emotionally.

The program aims to work with you, your GP and the therapy team to provide a comprehensive package of care, which will equip you to manage better.

How does a Chronic Condition package work?

At an initial assessment, a therapist will work with you to help identify your problems and your goals for change/improvement.

In response to your particular problem and chosen goals, a therapy package will be developed. It may also include referral to other health professionals, such as a physiotherapist, occupational therapist, speech pathologist, podiatrist, counsellor etc. You may be referred to other external services if we cannot provide them.

The therapy package will also include training and coaching self management skills.

You will also be encouraged to attend a self management program called Moving Towards Wellness.

Moving Towards Wellness reinforces the self management skills learned and practised through individual therapy sessions.

What will it do for me?

- Help you identify problems and your skills so that you are able to cope more effectively.
- Improve your self management strategies.
- Improve your quality of life.

Eligibility

Services are offered to people aged 60 years and over, with one or more chronic conditions who are living in Southern Metropolitan Areas.

A doctor’s referral is not required.

