



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. Simply telephone to enquire. Contact details overleaf.

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
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



Moving Towards Wellness

A self-management program for people who live with a chronic condition.



Endorsed by the Arthritis Foundation of Australia



What is a Chronic Condition?

- A chronic condition or illness is one that begins slowly and proceeds slowly.
- The long term effects of the condition may be life changing.
- Chronic conditions usually lead to weakness and feelings of being less able to engage in daily living tasks. People living with a chronic condition may be forced to give up activities such as shopping, housework, walking, sport and other recreation.
- Some examples of chronic conditions include arthritis, diabetes, pain, heart and lung disease.

Is it possible to have a chronic condition and live a healthy life at the same time?

Yes it is!



Chronic Conditions Self-Management Course

The 'Moving Towards Wellness' program runs for two and a half hours, once a week for six weeks.

Two trained leaders run the program providing opportunities to learn skills and strategies to improve your quality of life. Information about your condition and other services is also provided.

Many people with chronic conditions suffer fatigue and loss of energy. Some experience pain while others have breathing difficulties. Sleeping problems and depression are common, as are concerns about the future. Although there are many conditions, the problems and the symptoms associated with each are often similar.

You can still have fun!

You don't have to stop doing the things you love to do. All you have to do is learn to manage your symptoms so you can still get the most out of life.

Quality Living with Chronic Conditions

Topics covered include:

- Identifying common problems
- Dealing with frustration
- Introduction to exercise
- Fatigue management
- Endurance exercise
- Healthy eating
- Communication skills
- Medication usage
- Making informed treatment decisions.

