



Supporting older people and their carers

Resthaven provides in home care and support services across metropolitan Adelaide, in the Adelaide Hills, Murray Bridge, the Coorong, Mannum and surrounding areas, and in the south east of South Australia.

Specialised services are available for Veterans, Indigenous Australians and for people with culturally and linguistically diverse backgrounds.

To find out more about Resthaven Community Services in the area where you live:

Phone: 1300 136 633 or visit **www.resthaven.asn.au**

In-Home Care

Support services tailored for each individual, including:

- staying socially connected with friends, family and the community,
- household tasks (house cleaning, laundry, meal preparation, gardening),
- personal care (showering, dressing),
- shopping, bill paying, attending appointments
- nursing care,
- information about, and support to access other relevant services.



Respite and Support for Carers

Respite support is flexible and can be provided in:

- the person's own home,
- group settings,
- community houses (including overnight respite),
- a residential aged care facility.





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Health and Wellbeing

Services that support older people to be independent in daily living and to build on their strengths:

- Individualised therapy services,
- Group programs to support maintenance of good health and management of chronic conditions,
- Information and advice about health and wellbeing, and planning for the future,
- Social interaction and activities, rebuilding social skills and confidence,
- Mobility support and falls prevention,
- Exercise and fitness groups (such as aqua-exercise, Tai Chi, and walking groups),
- Advice, information and counselling.



Professional Nursing and Allied Health Services

Assessment and individualised treatment for:

- Physiotherapy, podiatry, occupational therapy, social work, counselling, speech pathology, dietary advice and nursing services,
- Wound care,
- Medication management,
- Continence management,
- Palliative care,
- Dementia care,
- Health assessment and review,
- Support for transition from hospital to home,
- Home safety assessment and modification,
- Equipment assessment,
- Group support and education,
- Programs for older people and their carers living with the effects of stroke, Parkinson's disease, memory loss, etc.

Resthaven's services are primarily subsidised by funds from the Australian and South Australian Governments. For people who may not be eligible for funded programs or who request or require additional services, Resthaven has a fee for service option available. Competitive rates are charged for the agreed services.