



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
northern@resthaven.asn.au

Resthaven Marion Community Services

43 Finnis Street, Marion SA 5043
Telephone (08) 8296 4042
marion@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



Pulmonary Rehabilitation



for people with chronic lung conditions

Resthaven Northern Community Services

Phone 8252 6811



Resthaven Therapy Services

Resthaven offers a range of individual treatments and self management programs to help older people maintain independence. Multi-disciplinary teams of health professionals provide treatment programs which are based on individual needs.

Services offered:

- Physiotherapy
- Occupational Therapy
- Podiatry
- Speech Therapy
- Continence Clinic
- Dietary Advice
- Counselling
- Tai Chi
- Chronic Condition Management
- Falls Prevention
- Pulmonary Rehabilitation

Aim of the Pulmonary Rehabilitation Program

The program is held at Northern Community Services and aims to maintain or increase endurance in physical activities, such as walking, for people with chronic lung conditions.

Eligibility

Services are offered to people aged 60 years or over living in northern metropolitan areas and who have breathing difficulties.

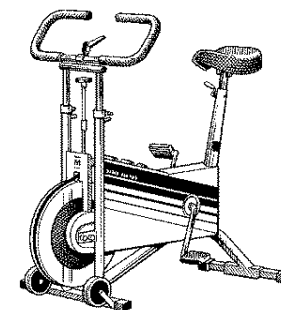
A doctor's referral is not required for therapy services.

What is involved?

Groups of up to six people meet once or twice weekly, Tuesday and Friday. Sessions are held in the late morning. Your progress is monitored with individual assessment and regular review by a Physiotherapist.

The group exercise work is supervised by the physiotherapist, who coordinates the program.

The exercises consist of a circuit, including a stationary bike, step machine, hand pedals, stairs, treadmill and gentle pulley exercises.



There is also education in effective breathing techniques, medication and its management, dealing with the loss of a more active lifestyle, making the most of your energy, and managing oxygen therapy.

Keeping Fit and Healthy

Being in a group with others suffering similar difficulties is encouraging and informative.

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

- Seniors Information Service