



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.

Referrals

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

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
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



Speech Pathology



Introduction

Speech Pathology services involve the assessment and management of people with communication and/or swallowing difficulties.

Communication involves listening and understanding, voice, language, reading and writing, calculation, problem solving, memory and other high level thinking.

At Resthaven Therapy Services, Speech Therapists work with people who:

- have had strokes,
- have neurological conditions such as Parkinson's Disease,
- have noticed any changes to communication or swallowing abilities.

Sessions may be offered on an individual or group basis as appropriate, and may involve carer education and home assessment visits as required.

Did You Know?

- After a stroke, up to 50% of people may have some swallowing difficulties. These include food and tablets sticking in the throat, coughing on drinks, or not being able to swallow at all. Fortunately, 85% of these people can swallow some diet after two weeks.
- We swallow about 3000 times a day (food, drink and saliva).
- We use up to 50 muscles to complete one swallow.
- Aphasia (communication difficulties after a stroke or head injury) is more common than Parkinson's disease or muscular dystrophy.
- More than 85% of people with Parkinson's Disease have voice changes and some swallowing difficulties.

Group Programs

Talkback Group

A ten week program for people with aphasia, to socialise and enjoy conversation in small groups. Staff and trained volunteers encourage and support conversational practice.

People who are from non-English speaking backgrounds and have aphasia are encouraged to participate. It is held at Paradise and Eastern Community Services. For details telephone (08) 8337 4371.

Stroke Group

This program provides education and support to increase independence and involvement in everyday activities.