



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



Stroke Rehabilitation Group



**Resthaven
Community Services**
Phone: 1300 13 66 33



Physiotherapy

Physiotherapy is offered to clients who are over the age of 60, have age related conditions and could benefit from treatment.

The Stroke Rehabilitation Group involves:

- Assessment and intervention
- A home visit to advise on adaptations, equipment and techniques for self care and home activities
- Development of problem-solving skills
- Working together as a team with the client and family carers
- Information for family carers
- Weekly attendance at group sessions in a supportive atmosphere
- Provision and monitoring of home exercise routines
- Activities that aim to improve quality of life
- Problem solving to address issues
- Guest speakers on a variety of topics.

Participants must have had a cerebro-vascular accident (recent or in the past).

Eligibility

- Have a referral from a doctor or health professional
- Be able to use the toilet independently (by self or with a carer)
- Be living at home in the community
- Be able to participate in a group.

Conditions that may benefit from the program may include:

- Osteoarthritis
- Rheumatological conditions
- Respiratory conditions
- Neurological conditions (CVA, PD, MND, MS, Post Polio etc)
- Pain, including referred
- Poorly healing wounds
- Mobility issues/deconditioning/safety issues
- Gait disorders
- Falls / near misses / fear of falls
- CX, TX, or LX symptoms e.g. discogenic, crush fractures, nerve root impingement, spinal stenosis, degenerative joints.
- Post-operative rehabilitation.

Other Therapy Services Offered:

- Physiotherapy
- Occupational Therapy
- Podiatry
- Speech Pathology
- Social Work & Counselling
- Continence
- Falls Prevention
- Exercise Programs
- Chronic Conditions
- Self-Management Programs (such as arthritis, diabetes, Parkinson's disease)
- Health Promotion
- Continence Nursing Clinics
- Parkinson's Clinic

Note: Services may vary depending on location and availability.

Referrals

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