



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
northernncs@resthaven.asn.au

Resthaven Marion Community Services

43 Finnis 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



Community Therapy Services



Phone: 1300 13 66 33



Introduction

Since 1935, Resthaven has provided support for older people and their carers. Resthaven offers a range of community programs, therapy and residential aged care services.

Therapy Services

Resthaven Therapy Services offer a range of therapies on an individual or small group basis.

Multi-disciplinary teams of health professionals provide treatment programs which are based on individual needs.

A self-management approach focuses on the whole person.

We aim:

- to improve quality of life for people with rehabilitation needs and for those who are adjusting to living with physical restrictions.
- to promote self-management skills to enable individuals to manage their condition.

Therapy Outcomes

Therapists discuss goals and rehabilitation needs and agree upon a plan of treatment in consultation with clients.

Benefits for clients include:

- improved functional skills and abilities
- increased independence
- enhanced motivation, confidence, self-esteem and quality of life
- increased participation in decision making relating to their health.

Eligibility

Services are offered to people aged 60 years and over. Simply telephone to make an appointment.

An appointment is arranged as soon as possible. There may be some waiting time.

Services Offered:

- Physiotherapy
- Occupational Therapy
- Podiatry
- Speech Pathology
- Dietetic Services
- Social Work Support
- Continence Clinics
- Falls Prevention
- Self-Management Support
- Moving Towards Wellness
- Pulmonary Rehabilitation
- A variety of exercise programs

Services may vary between locations.

Referrals

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