

Supporting older people and their carers

Resthaven provides a range of support services and respite for carers across metropolitan Adelaide, in the Adelaide Hills, the Murraylands, the Coorong, the Riverland and the Limestone Coast.

Community Respite Services

Flexible support for carers of any age, who care for frail older people, to enjoy some time to themselves, a planned rest or break from their caring role and to maintain their physical and emotional health.

Respite may be provided in:

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

Options include individual in-home respite, group respite, extended day respite, short-term home style overnight respite at Westbourne Park and Naracoorte.

In the Adelaide Hills, respite is also provided for carers of people with a disability and those requiring palliative care.

Phone: 1300 13 66 33



Residential Respite

Resthaven has a number of rooms permanently reserved to provide respite accommodation for people requiring short-term care at a residential aged care facility. The period of respite care may vary, up to a maximum of 63 days per person within a financial year. A short period of residential respite offers people an opportunity to rest and recharge. Flexible admissions and discharge arrangements make a short stay possible. For more information or to make a respite booking, contact the Admissions Officer for metropolitan areas:

Phone: 8373 9123

For respite in Murray Bridge call:

Phone: 8534 1969

www.resthaven.asn.au

Resthaven's services are primarily subsidised by funds from the Australian and South Australian Governments.

For people not eligible for funded programs or those who request or require additional services, Resthaven has a fee for service option. Competitive rates are charged for agreed services.

