

## Regions covered

Resthaven offers planned group and individual community respite at Mannum and surrounding rural areas, the Adelaide Hills, Naracoorte and in the southern and western metropolitan Adelaide areas.

## Resthaven Incorporated

Established in 1935, Resthaven is a public benevolent aged care community service of the Uniting Church in Australia.

Resthaven offers a range of high quality, responsive community and residential care services for older South Australians that are provided by experienced, trained staff.

Resthaven Murray Bridge & Hills Community Services offer assistance to older people living in their own homes in the Mallee, Murray Bridge and Adelaide Hills regions.



An Australian Government Initiative

## For more information

If you have any questions or need more details, please telephone the program coordinator on 8531 2989.

Resthaven Community Respite Service in the Adelaide Hills is coordinated from:

## Murray Bridge & Hills Community Services

**88 Adelaide Road  
Murray Bridge SA 5253**

**Telephone 8531 2989**

**Email** [mbhcs@resthaven.asn.au](mailto:mbhcs@resthaven.asn.au)

**[www.resthaven.asn.au](http://www.resthaven.asn.au)**



# Community Respite Service Adelaide Hills

Planned individual  
and small group  
respite care

**Phone 8531 2989**



## Community Respite

Resthaven Community Services offer coordinated support for carers, offering a planned rest or break from their caring role.

Carers are given quality time to spend as they choose by offering the person they care for a secure, supportive, relaxed and enjoyable social environment.

Individual needs are considered and the activities are structured according to the abilities and interests of care recipients.

Generally, up to four hours of respite per person are allocated per week.

Respite services in the Adelaide Hills are available for people with disabilities, the frail aged and those in need of palliative care.

## How to access respite

Referrals can be made by carers, health or community service providers.

Respite support is planned and negotiated depending on the assessed needs of individuals to be cared for, suitability and availability of vacancies on the program.

Carefully chosen, trained staff provide flexible and coordinated support and understand the needs of people with memory loss or confusion.

## Review

Services are reviewed as individual needs and circumstances change and may be adapted within the capacity of the program resources. This may include referral to other relevant programs.

Resthaven respects the privacy and confidentiality of each person. General practitioners and allied health professionals may be informed of individual outcomes only where appropriate.

## Fees

Respite Services are an Australian Government Initiative funded by the Department of Health and Ageing through the National Respite for Carers Program.

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.

For specific details or to discuss telephone:

**8531 2989**

## Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Ethnic Affairs, telephone 131 450.