

Review

Respite care is tailored around the assessed needs of both the carer and the person they care for.

Services are regularly reviewed in consultation with carers to ensure that they continue to meet the respite needs of the carer, and continue to be a positive experience for the person being cared for.

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

Fees

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 fees contact a program coordinator:

Phone: 8358 3173



An Australian Government Initiative

Resthaven Community Respite Services are funded by National Respite for Carers Program and Home and Community Care (HACC).



A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



If you have any questions or need more details, please contact:

Resthaven Community Respite Services
Unit 31 / 12 Township Road

Marion SA 5043

Phone: 8358 3173

Email: respite@resthaven.asn.au

For general community services inquiries, please phone: 1300 13 66 33, or visit the website at:

www.resthaven.asn.au



Community Respite Services

Supporting older people and their carers

Planned individual and small groups respite for carers

Phone: 8358 3173



Community Respite Services

Resthaven supports carers of older people to have a planned rest or break from their caring role.

Respite support is flexible and can be provided in the home of the person being cared for, and/or in group settings.

This maybe on a regular, planned basis (weekly/fortnightly/monthly), depending on the respite needs of the carer.

Eligibility

Respite is available for Carers of any age who:

- Care for an older person
- Live in the Holdfast Bay, Marion, Mitcham, Unley and Onkaparinga local government areas.

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

Respite is offered to carers depending on their assessed respite and support needs, and Resthaven's capacity to provide suitable care to the person being cared for.

In Home Planned Respite

Respite care is provided by trained staff in the home of the person being cared for, enabling the carer to have a break. Staff understand the needs of older people, including those who have problems associated with memory loss or confusion.

Resthaven staff assist the person being cared for with leisure activities, personal care and routine aspects of daily living, negotiated according to need including:

- Social support
- Outings
- Personal care
- Household tasks
- Meal preparation and assistance.

Overnight Community Respite

Resthaven offers planned, short term respite at our overnight community facility (Ridgway House) located at Westbourne Park. We support carers by offering home style overnight respite care for the person they care for in a supportive, relaxed environment with trained staff, for between one and four nights. Accommodation for carers is available if required.

Group Respite Programs

In some cases, the person being cared for may benefit from social involvement in Group Programs.

Groups are conducted at various venues and times, with the size of the group tailored to meet the participant's social and physical abilities.

Individual needs are considered and activities are structured according to the abilities and interests of those attending.

Staff and volunteers assist the group participants, and liaise closely with carers to ensure a positive respite experience for both the carer and the person they care for.

Small Group Respite

Some people are more suited to smaller groups.

A Home Support Worker and a volunteer conduct small respite groups for up to three people.

These groups are developed according to individual interests and may include outings or respite held in a participant's own home.