



## A Commitment to Quality

All services are provided by experienced, trained staff who have a commitment to quality.



## Feedback

We welcome feedback from guests and their carers about our services.

## Privacy

The privacy of guests and their carers is respected, and personal information is treated in a confidential manner.

## Interpreter Services

Use of an appropriately qualified interpreter can be arranged through the SA Translating and Interpreter Service, telephone 131 450.



## An Australian Government Initiative

Funded by the Department of Health & Ageing through the National Respite for Carers Program

## Ridgway House Home Style Respite 36 Sussex Terrace, Westbourne Park

(Adjacent to Resthaven Westbourne Park Residential Care Facility)

**Telephone:** 8271 0350

**Facsimile:** 8271 0351

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

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



# Ridgway House

## Home Style Respite



**36 Sussex Terrace  
Westbourne Park SA 5041  
Phone 8271 0350**

## Resthaven Respite Services

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

Carers can enjoy some time to themselves with the peace of mind that the person they care for is being looked after by trained and capable staff who understand the needs of older people including those with memory loss or confusion.

Respite support is flexible, and may be short term or ongoing. Respite support is planned and negotiated according to assessed needs, suitability and availability of vacancies on the program.

Services are reviewed as individual needs and circumstances change and may be adapted within the capacity of the program resources.

Respite is available for carers who live in southern or eastern metropolitan Adelaide, and may also assist those from rural and remote areas, who care for:

- Frail older people
- Older people with dementia
- Older people with high level care needs.

## Ridgway House Offers:

- Short stay overnight accommodation in a home-style environment,
- Single rooms with ensuites,
- A secure, supportive, relaxed and enjoyable environment, including a sensory garden,
- Nutritious, home-cooked meals,
- A social program, focusing on individual guests' abilities and interests,
- Access to a range of day respite options,
- Trained support staff on site 24 hours a day,
- Accommodation for carers if required,
- One week per month specifically for older people with high care needs.

**Services operate Monday - Friday**



## How to Access Respite

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

Ridgway House is part of Resthaven's Community Respite Services, located at 31 Township Road, Marion.

For further information about respite options offered by Resthaven, please call:

**Community Respite Services  
8358 3173**

**Community Services  
1300 13 66 33**

**Residential Respite Services  
8373 9123.**

## 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, phone the program coordinator on **8271 0350.**