

## Media Release

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1<sup>st</sup> December 2009

### Social Activities Aid Recovery

A social assistance program run throughout the Limestone Coast is helping people who have had a stroke, or other conditions related to ageing, to live independently in their own homes.

The program, run by Resthaven Limestone Coast Community Services, offers participants assistance with a range of activities to maintain social connection, including social groups, transport, errands, shopping or just a cup of coffee and a chat.

Elizabeth Hodges, a previous social program participant who suffered a stroke in May 2009, credits her continuing independence to the help she received from Resthaven Community Services.

"It just gives me independence," Elizabeth says. "I live 22km out of Mount Gambier, so it's a long way to dash in for some milk."

If the program had not been available, Elizabeth may have had to move into residential care during her recovery. Now she is urging others to follow in her footsteps and utilise the services offered by Resthaven Limestone Coast instead.

"Rather than families saying: 'well, Mother could go into a home,' they could use this service," says Elizabeth. "There are people who really could be helped, if only they knew about it.

"It certainly has been a great benefit for me."

Social program coordinator, RN Kelli Viney, is also keen to get the message out there.

"We believe social activities are really important for good mental health and healthy ageing," Kelli says. "We are able to provide assistance in your own home, wherever you live in the South East Coast."

"Services provided include home maintenance, transport, social assistance and personal care. We will also be open all through the coming holiday season.

For more information on Resthaven Limestone Coast's social assistance program, please call Kelli on 8762 4389, or see website [www.resthaven.asn.au](http://www.resthaven.asn.au).

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