

23 September 2009 - For immediate release

Community Services

Celebrating its 75th birthday next year, Resthaven Incorporated is respected for the delivery of high quality, responsive care services for older people. Each year, around 7000 South Australians benefit from Resthaven's range of in-home care and support services and self management programs for older people and their carers.

'We have a variety of programs that assist older people,' Sue McKechnie, Executive Manager, Community Services explained.

'For many people, just knowing where to go for help when it is needed is a major impediment.'

'The ability to effectively support a person with an age related or chronic condition to remain successfully at home has many benefits for the community. Resthaven incorporates the principles of self management to help older people stay at home longer by learning strategies and management techniques to deal with such things as falls, arthritis, continence issues, Parkinson's disease, aphasia and many other chronic conditions.'

'We encourage older people to discuss their health concerns with their General Practitioner. Where appropriate, clients may be referred to Resthaven's Therapy Services, for support groups for people with speech difficulties, Parkinson's disease, memory loss, falls, etc and individual assistance with continence issues, counselling, physiotherapy, speech and occupational therapy and podiatry.

'Therapy services provide opportunities to learn skills and strategies to improve quality of life. Information about the condition and other services is provided through self management courses, along with formal therapeutic treatments. As the services are primarily funded by the Australian Government, only a small client contribution applies. These services are very affordable.

'For those needing assistance with nursing and personal care at home, Resthaven's range of services extend from a little help for a few hours a week to extended aged care packages. As a contracted Veterans' Home Care and Home Nursing provider, the veteran community can receive many benefits.'

'As caring for someone can be very draining, we also offer a comprehensive range of support programs for carers of frail older people.

'Our approach is one that helps older people identify their goals and build on their strengths, to improve their quality of life. We help older people and their carers to work out the steps that allow successful self management. In each situation, we assess and develop a plan with the client that brings the things they are able to do along with the things which our home support workers or health professional staff (nurses, therapists) can offer.'

'This person centred approach is really geared to empowering people to do what they can, with assistance when needed.'

For information about the range of services available, visit www.resthaven.asn.au or phone **1300 136 633**.

Media information or to arrange a photo: Julie Johninke – 8373 9141