
Media Release

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Support At Home When You Need It

A little help goes a long way for people as they age. However, it is often difficult to find appropriate help when and where it is needed, particularly when family or friends are away or live interstate or overseas.

Help is just a phone call away. Flexible, individual support for older people who live at home is available on a fee-for-service basis through Resthaven's Lifestyle Choices *Plus*.

Resthaven's Lifestyle Choices *Plus* provides people over 60 years of age with the services and support they need to remain at home, and in control of their own lives.

The choice and amount of support provided is up to each individual to choose, as and when it is needed, in consultation with the program coordinator. There is no waiting list and prices are competitive. Clients only pay for the services they choose to use, and this may be for a short time or ongoing, as required.

Support may include domestic assistance, personal care, companionship, respite for carers, nursing or allied health support and help with shopping or attending appointments, and to participate in community activities and outings.

Services are provided by qualified, skilled and police checked-staff and adhere to Resthaven's high quality model of service and accredited systems.

Resthaven's Lifestyle Choices *Plus* offers support to older people who prefer to choose and pay for the services they want, when and where they choose. It also offers a short-term option for people who are waiting for availability of government subsidised support, or need or want additional support to the services they receive through government subsidised programs (as a 'top up' or 'extras') or for a short time after an illness or while their family is away or unable to assist.

To find out more about Lifestyle Choices *Plus*, please call Resthaven Community Services on 1300 13 66 33.

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