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## Media Release

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25 September 2010

### Resthaven Meets Community Service Needs Throughout Limestone Coast

Resthaven Incorporated has been providing services for older South Australians since 1935 and is respected for the delivery of high quality, responsive care. Since 2006, Resthaven has offered in-home care and support services for older people living at home throughout the Limestone Coast.

In the south-east, services include planned individual and extended day respite and overnight respite for carers, in-home support and Veterans' Home nursing. Offices are based at Naracoorte and Millicent, with clients living across the Limestone Coast.

'Many older people prefer to stay living in their own home, yet may need services to support them', explained Liz Southall, Manager, Resthaven Limestone Coast Community Services.

'In-home care and support services allow people to stay at home, taking the burden off relatives, friends and neighbours, and offer peace of mind for people who need support, giving them options to maintain their independence,' Liz explained.

'Our respite service offers people the option of respite in their own home or from our base in Naracoorte. As it offers extended day respite for carers, and overnight if required, it means that carers can leave their loved one in a caring, supportive environment with the peace of mind that they will be well looked after.'

Resthaven Limestone Coast Community Services extend from low level HACC funded in-home support, such as cleaning, shopping, washing and so on to extended aged care at home for the very frail aged.

Resthaven is currently constructing a 71-room Residential Aged Care Facility in Mt Gambier, due for completion in mid-2011, which will add to the portfolio of services Resthaven provides in the Limestone Coast.

For details, telephone 1300 13 6 33 (directed to the closest service for the cost of a local call), Naracoorte Office: 8762 4389 or the Millicent Office: 8733 3311 or visit: [www.resthaven.asn.au](http://www.resthaven.asn.au).

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