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## Media Release

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September 2010

### Aged Care Career Opportunities in Hospitality

Aged care is a growth industry that offers security, rewards and personal development.

Resthaven is a leading South Australian aged care service provider with residential care facilities at nine locations and community services throughout metropolitan Adelaide and rural areas. Resthaven employs around 1,600 staff and provides services for approximately 8,000 people living in metropolitan Adelaide, the Murraylands and the South East.

Resthaven offers a truly holistic approach, striving for excellence in service provision.

In the residential care facilities, hospitality and food service delivery is a high priority. The Housekeeping team includes the Coordinator Housekeeping Services, cooks, assistant cooks and housekeeping services assistants. There are opportunities for career progression through apprenticeships and ongoing training.

All meals are cooked on site in well equipped kitchens. Menus are revised regularly and reviewed by an Accredited Practising Dietician using the standards for use in a Residential Aged Care Facility. The recommendations, including portion sizes, are implemented and staff are provided with education and written resources to enable them to recognise appropriate portion sizes.

Resthaven Westbourne Park has worked with leading aged care dieticians from Nutrition Professionals Australia (NPA) to develop an innovative texture modified menu for residents with swallowing difficulties.

Resthaven Westbourne Park Coordinator, Housekeeping Services, Sheree Cook, said 'The menu development is a rewarding experience. Residents are eating more and enjoying meal times as a result'.

Advanced Accredited Practising Dietician, Ms Julie Dundon, said, 'Resthaven's example demonstrates how facilities and dieticians can work together to improve the quality of life and meet the nutritional needs of residents with swallowing difficulties'.

Offering quality meals and a working in a friendly, comfortable environment is a rewarding career choice. As a self-insured, equal opportunity employer, we welcome enquiries and expressions of interest. For details about the variety of housekeeping roles available at Resthaven, visit the website: [www.resthaven.asn.au](http://www.resthaven.asn.au).

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