

## Media Release

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1<sup>st</sup> February 2010

### Resthaven Riverland Community Services - Making a Difference

Resthaven Riverland Community Services, based at the old TAFE building at 60 East Terrace, Loxton, have been providing services for older local people for only six months, and are already offering in-home care and support services for around 40 people. Resthaven coordinates services individually for people according to their specific needs.

‘We are thrilled that Resthaven is able to help older people and their carers in the Riverland’, Cecelia Oxborrow, Community Services Manager, said today. ‘We coordinate services from Loxton to offer support for older people who need assistance to continue living in their familiar home environment throughout the Riverland. Clients are spread across the region, at Morgan, Barmara, Berri, Renmark and Loxton, and we are pleased with the support we have received from the local doctors and health services in establishing our services.’

‘Having some assistance at home can often make it possible for people who might otherwise have to move, perhaps requiring them to separate from their spouse, to stay together.’

‘We offer a range of support services, including community nursing for veterans, ten Extended Aged Care at Home packages, five of which have a dementia specific focus, and ten Community Aged Care Packages for people living at home in the Riverland. The care packages cover a broad spectrum of care needs, from a little support to more intense help to manage the challenging issues associated with increasing frailty and memory loss.’

‘For example, our coordinated support may include assistance with household help, such as shopping, cleaning and laundry, personal care, such as showering, grooming and medication management, and lifestyle options, linking to social and educational opportunities. With the Extended Aged Care at Home packages, more intensive nursing care and support may be offered for clients as their care needs increase.’

To be eligible for a care package, an assessment and approval from the Government Aged Care Assessment Team (ACAT) is required. Individuals, family, friends, general practitioners and allied health professionals can make a referral to the ACAT.

Established in 1935, Resthaven Incorporated is respected for the delivery of high quality, responsive assistance and support for older people and their carers. Resthaven’s services extend across metropolitan Adelaide, the Murraylands, Limestone Coast and now in the Riverland.

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For more information about local services contact: Cecelia Oxborrow, on **0419 837 480**.

For information about Resthaven, visit [www.resthaven.asn.au](http://www.resthaven.asn.au) or call 1300 13 66 33.

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