
Media Release

20 May 2011

Resthaven expands – new office opens

Today, at 1.00 pm, the President of the Resthaven Board, Carole Davidson, will officially open the new offices for Resthaven's Limestone Coast Community Services at 17 Gordon Street, Naracoorte. The opening will be followed with a tour of the facilities.

'This is a very exciting time for Resthaven. Our services are growing to assist the many older local people needing support at home', said Sue McKechnie, Executive Manager, Resthaven Community Services. 'Resthaven has received additional funding from the Australian Government Department of Health and Ageing to offer more community based programs for older people.'

'And we are very grateful for a very unexpected and generous bequest from the estate of the late Mr Ernest Rutt, which has made possible the purchase of this magnificent property from which we can coordinate the services provided.'

Resthaven has been providing community services for older people living at home in the south east for the past six years and is respected for the delivery of high quality, responsive care.

'These services can take the burden off relatives, friends and neighbours and offer peace of mind for people who need support, giving them options to maintain their independence,' Sue explained.

'Anyone who looks after someone who is 60 years or over and needs a break may benefit from the respite for carers program. A few hours of respite during the day can allow for a shopping trip or an appointment to see a medical specialist.'

'We offer help at home with a range of personal care and household tasks. An individual, flexible 'package of assistance' is negotiated with each person depending on their own needs. Coordinated support may include assistance with household help, shopping, cleaning and laundry, personal care, showering and grooming, medication management, going to the doctor, linking with social and educational opportunities.'

'Resthaven also offers home nursing to eligible veterans and their families.'

'These programs allow people living in the Limestone Coast, who may otherwise have to move, perhaps requiring them to separate from their spouse, to stay together at home.'

'Elizabeth (Liz) Southall, Manager of our Limestone Coast Community Services, leads our local Community Services team, who support older people living throughout the Limestone Coast.'

Established in 1935, Resthaven Incorporated offers services for older South Australians across metropolitan Adelaide, the Riverland, Murraylands and the Adelaide hills, as well as throughout the south east. For more details about Resthaven, visit the website at www.resthaven.asn.au.

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