



OCTOBER, 2023

New stay-at-home program launched

The Senior - SA, Adelaide

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REDUCING STRESS

RESTHAVEN has launched a new government-funded program which aims to support older people living with dementia to stay at home for as long as possible.

The Staying at Home in Regional South Australia program forms part of the government's response to the Royal Commission into Aged Care Quality and Safety, and aims to provide vital education and support to carers while their loved one is cared for in the same location by experienced staff.

Resthaven project officer and dementia education specialist Gillian Schulze said it is estimated that up to 70 per cent of people with dementia are living at home in the community with a family carer.

"Unfortunately, carer stress has been identified as reducing quality of life for both the carer and a person living with dementia," she said.

"To address this, the Staying at Home in Regional South Australia program in-

vites small groups of carers and the person they care for to a short-stay retreat.

"There, carers receive information and support, whilst the person they care for is supported by trained Resthaven staff 24/7.

"All meals and activities will be tailored to individual needs and preferences.

"By introducing education, and a wide range of support mechanisms, including regular and planned use of respite, Resthaven hopes to address the barriers that carers may face, and improve their access to and experience of respite."

The first program ran in August. It is free for carers and the person they care for, as the program is funded by the federal Department of Health and Aged Care.

Further programs will be held from October 17-19 and November 20-22.

■ Email SAHRSA@resthaven.asn.au, 8198-2088.

— STAFF REPORTER



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Up to 70 per cent of people with dementia live at home with a family carer. Picture Shutterstock