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New program at Resthaven provides support for those living with dementia

Bunyip, Gawler

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Stay at home support is now available through Resthaven, committed to helping people stay in their homes for as long as possible.
PHOTO: Supplied

New program at Resthaven provides support for those living with dementia

RESTHAVEN has launched a new government-funded program that aims to support older South Australians 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 whilst their loved one is cared for in the same location by experienced staff.

"It is estimated that up to 70 per cent of people with dementia are living at home in the community with a family carer," Resthaven Project Officer, and Dementia Education Specialist, Gillian Schulze, explained.

"Unfortunately, carer stress has been

identified as reducing quality of life for both the carer and a person living with dementia.

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

To enquire, email SAHRSA@resthaven.asn.au, or phone 8198 2088.