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Innovative respite retreats

Naracoorte Community News, Naracoorte

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Innovative respite retreats

by **RESTHAVEN**

Resthaven now offers a new government-funded program that aims to support older South Australians living with dementia to stay at home for as long as possible by offering a retreat for them and their carers.

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 provides education and support to carers whilst their loved one is cared for in the same location by experienced staff.

Resthaven Project Officer, and Dementia Education Specialist, Gillian Schulze, explains, 'An estimated 70% 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.'

'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 for three days and two nights, with 24/7 staff support.'

'As the program is funded by the Australian Government Department of Health and Aged Care, the retreats are free to eligible people.'

'The retreats may be shorter, including a day on retreat with others. We will tailor the groups according to individual needs and preferences.'

'Whilst on retreat, carers receive education, information and support, whilst the person they care for is supported by trained Resthaven staff. All meals and activities are included.'

'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.'

Retreats are coming to the Limestone Coast, Gawler, Fleurieu Peninsula, Murray Mallee, Adelaide Hills and Riverland in 2024 and 2025.

For more details, email SAHRSA@resthaven.asn.au, or phone 8198 2088.

Established in 1935, Resthaven is a South Australian not-for-profit aged care community service associated with the Uniting Church in Australia. Every day, Resthaven shares the lives and wisdom of older people and their carers, opening doors to the full range of aged care service options available.

Services are provided throughout metropolitan Adelaide, the Adelaide Hills, Murraylands, Riverland, Fleurieu Peninsula, lower Barossa region and the Limestone Coast of South Australia.



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