

Staying at Home in Regional South Australia

What is 'Staying at Home?'

Staying at Home in Regional South Australia is 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 program offers short-stay respite care, where the person living with dementia and their carer stay together on retreat with others for up to three days and two nights away, with 24/7 staff support. Short stays and day retreats may also be arranged.

Whilst on retreat, carers receive information and education, whilst the person they care for is supported by trained staff.

Topics include:

- Looking after yourself
- Understanding and managing dementia
- Accessing community services
- Planning for the future
- Managing behaviour changes associated with dementia
- Support for transition into respite care
- How to continue enjoyable activities for longer
- Managing physical changes such as mobility, continence, and communication.

Carers will learn the skills they need to continue to support the person living with dementia to stay at home.

How do I access the program?

To access the program, you can:

Phone: 8198 2088

Email: SAHRSA@resthaven.asn.au

or visit our website:

www.resthaven.asn.au/staying-at-home-program



Some eligibility requirements apply, contact us for further information or to express your interest in the SAH program.

"Seeing Karl interacting and connecting with others has been the highlight for me. I didn't think he was able to do that without me initiating the connections. This has made me feel happy." – Family carer



The Staying at Home in Regional South Australia program is funded by the Australian Government Department of Health and Aged Care.