



Resthaven
Incorporated



**You'll welcome the care
that Resthaven brings**

www.resthaven.asn.au

Resthaven... a profile



Welcome Care

Every day, Resthaven shares the lives and wisdom of older people and their carers.

Proudly South Australian, Resthaven is one of a select few providers to offer the full range of aged care services.

Resthaven was established in 1935 and is an aged care community service associated with the Uniting Church.

Resthaven is a financially independent, not for profit charity. Any surplus goes towards our purpose:

Working together: outstanding care and support for older people and their carers.

Our workforce is carefully selected. Comprehensive orientation, induction, and ongoing training is conducted.

Volunteers are integral to Resthaven services, providing an extra dimension of care and support.

You'll welcome the care that Resthaven brings.

Our Services

Resthaven supports more than 14,000 older people each year.

Working together with you, individualised support is offered in your own home or retirement village, in groups, at one of our community wellness centres, in our residential aged care homes, respite cottages, or alternative settings.

- We partner with you to support your independence and choice of services.
- We respect people's diverse backgrounds, and our staff are sensitive to each person's particular lifestyle needs. Interpreter services can be arranged on request.
- We monitor the care and clinical services you receive, to ensure it is of high quality and continues to meet your needs.

Fees

Resthaven believes that quality aged care should be accessible to all. Fees and charges vary depending on each person's individual circumstances. Some fees are set by government. All fees will be explained to you in detail prior to commencing a Resthaven service.

Where to Start?

For government-subsidised in-home support services or residential aged care options, the first step is to contact My Aged Care directly on **1800 200 422** or visit www.myagedcare.gov.au

For personalised phone or face to face information about aged care, call or visit Resthaven's free information service at 237 Glen Osmond Road, Frewville, **Resthaven Agedcare Alternatives** on **8408 4600**. Helpful, informed volunteers will guide you through the **My Aged Care** process.

If you prefer to choose your own services without a government assessment, or want additional services, Resthaven offers a user-pays service, provided in your own home or Resthaven residential aged care home. Called **Lifestyle Choices Plus**, you can choose private services or requests for a fee. For details, phone **1300 13 66 33**.

In-Home Care and Wellness Services

For information about Resthaven's in-home care and community-based wellness services and respite for carers, or to access services following a *My Aged Care* assessment, call **Resthaven Community Services** on **1300 13 66 33** or email community@resthaven.asn.au

Retirement Living

If you are looking to downsize to Resthaven retirement living accommodation call **8373 9131** to discuss options and arrange an inspection. Alternatively, email retirement@resthaven.asn.au

Residential and Respite Care

Contact Resthaven's Residential Accommodation Enquiries team to discuss residential aged care or respite on **8373 9113** or email accommodation@resthaven.asn.au

Resthaven Services



In-Home Support

Resthaven Community Services support you to remain living independently in your home in the community for as long as possible.

Skilled, competent and understanding Resthaven staff provide a range of services in your own home, such as:

- Personal care (showering, hygiene, etc)
- Light cleaning (dusting, vacuuming), as well as home maintenance and garden services, aimed at keeping your home environment safe
- Meal preparation and laundry
- Full nursing and allied health services (including medication management and vision support)
- Accompaniment on outings (shopping, appointments) or shopping for you if required
- A fully tailored **Home Care Package** of support.

For more information about support in your own home, phone **1300 13 66 33** to be connected to your nearest Resthaven Community Services office (*see full list on back page*).

Community Services

Resthaven offers a range of wellness and allied health services and opportunities for social groups and outings through our Community Services in metropolitan Adelaide and regional areas.

Allied health services are affordable, and include physiotherapy, occupational therapy, podiatry, speech pathology, social work and continence management.

Services are provided on both an individual and group basis.

Take advantage of education, peer support, and exercise groups that encourage and promote self-management of your specific health conditions.

Independence is encouraged for you to remain living at home, in charge of your own life, with support.

Social activities, tailored to individual interests, include centre-based programs, outings in the community, and connecting with family and friends.

For more information about Community Services, please phone **1300 13 66 33** to be connected to your nearest office (*see full list on back page*).

Respite Options

Community Respite

Resthaven supports people who look after family members to take a break, or 'respite' from their caring role, by offering both planned and emergency respite options.

While you have a break, we take good care of your family member, through:

- In-home support, where a Home Support Worker visits you in your own home
- Small group outings, such as going out for lunch or a movie, or centre-based group activities
- Short term or overnight stays at one of Resthaven's 'respite' cottages.

Resthaven's respite cottages are located in the community, and provide a 'home-like' atmosphere. All meals are provided, with round-the-clock support from experienced staff. Dementia-specific support is available.

For more information about community respite for family carers, phone Resthaven Community Respite Services on **8198 2060** or **1300 13 66 33**.

Residential Respite

Resthaven offers the option of a short term respite stay at all residential aged care homes.

We discuss your needs and preferences with you and tailor our services to suit. We provide 24 hour support, assistance with daily living activities, nursing and allied health services. Enjoy delicious meals cooked on site and participate in our lifestyle program if you choose.

You'll welcome the opportunity to sit or stroll in the lovely gardens during your stay.

All respite accommodation is fully furnished, and includes an ensuite, television and phone (if requested).

For more information about a short term respite stay in a Resthaven residential aged care home phone **8373 9113**.

Retirement Living

Still independent but want to downsize?

Resthaven retirement living offers independence with the peace of mind of having all building maintenance and gardening costs covered by a fortnightly maintenance fee.

Retirement living options are available in units or apartments, on a 'licence to occupy' basis. Some rental options are also available. (See back page for a full list of retirement locations.)

Should you need additional support in your new home, this can be arranged through Resthaven Community Services.

Several Resthaven retirement villages are co-located with a residential aged care home, enabling a smooth move if circumstances change and more support is needed.

For more information about Resthaven retirement living, phone **8373 9131**.

Residential Aged Care Homes

Resthaven operates twelve residential aged care homes (see full location list on back page).

All homes are accredited with the Australian Aged Care Quality and Safety Commission.

Services are tailored to individual needs. Accommodation options range from single rooms with an ensuite, to premium 'suites' with extra living areas (*not available at all sites*). Options are available for couples to share the same room.

People living with dementia are supported with speciality care in a safe and secure environment.

Residents, families and friends are welcome to enjoy the pleasant gardens, courtyards, and outdoor entertainment areas, as well as the lounge and dining areas.

A hairdressing salon, communal cafe area, and lifestyle program add to the vibrant site community.

Hospitality services include catering, cleaning and laundry.

Meals are cooked fresh on site in our well-equipped kitchens. Residents are consulted about menus, which are reviewed regularly in consultation with a dietitian.

Coordinating Chaplains provide regular worship services, and pastoral and spiritual support, for residents who choose this.

Support for residents may include:

- Extensive care planning in partnership with you
- Personal care, such as showering
- Managing medications
- Nursing and allied health services
- Tailored exercise programs
- Support for engaging in your choice of personal interests.

For more information about Resthaven residential aged care homes, please phone our Residential Accommodation Enquiries team on **8373 9113**.

Please note: In exceptional circumstances, such as during a public health concern, activities and visiting may be restricted.

Fee For Service Lifestyle Choices Plus

If you do not want a My Aged Care assessment, prefer to choose your own services, or want additional services, Resthaven offers a user-pays service, Lifestyle Choices Plus.

You can choose additional private services or requests for a fee.

To arrange this private extra support in your own home, phone **1300 13 66 33**.

If you live in a Resthaven residential aged care home, please speak with reception staff to arrange extra private support.





Resthaven

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LOCATIONS

Resthaven services extend throughout metropolitan Adelaide, the Adelaide Hills, Murraylands, Riverland, Fleurieu Peninsula, Gawler, lower Barossa, and the Limestone Coast.

KEY CONTACTS

Resthaven Community Services

1300 13 66 33

E: community@resthaven.asn.au

Resthaven Residential Services

(08) 8373 9113

E: accommodation@resthaven.asn.au

Resthaven Retirement Living

(08) 8373 9131

E: retirement@resthaven.asn.au

Resthaven Volunteer Services

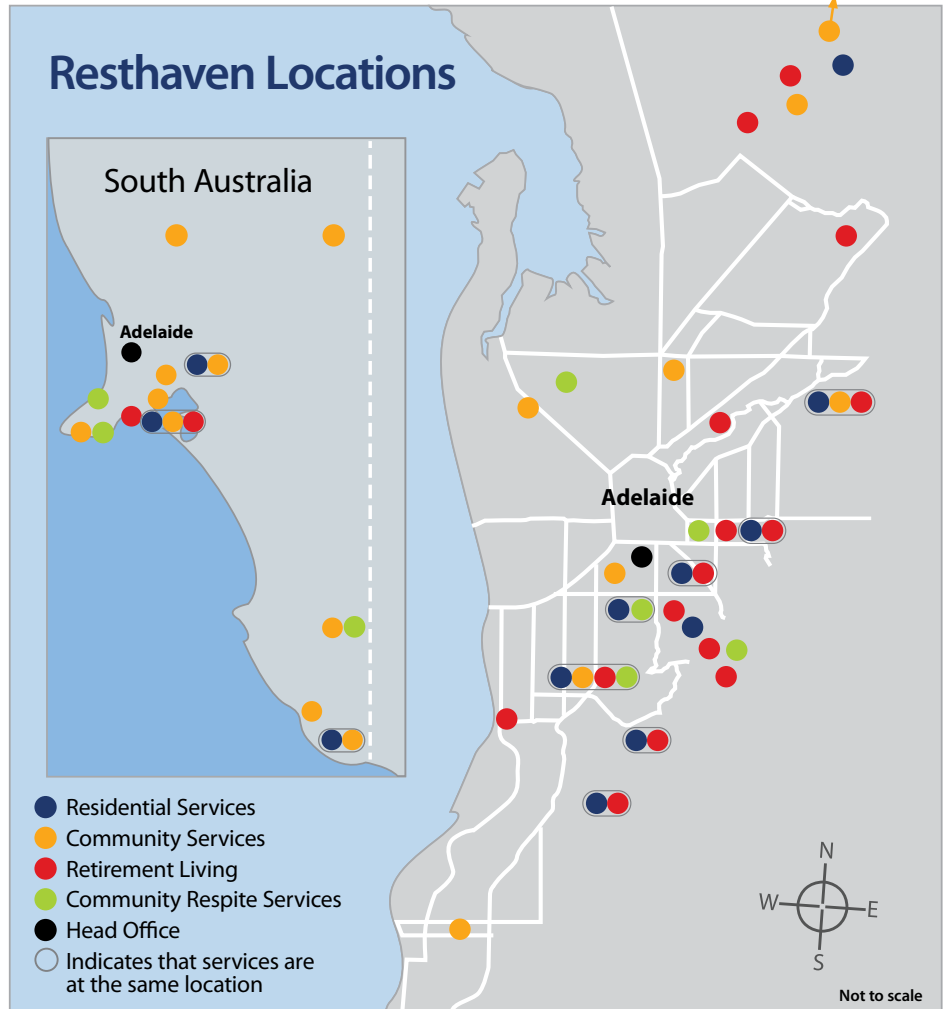
(08) 8373 9036

E: volunteer@resthaven.asn.au

Resthaven Employment/Careers

E: careers@resthaven.asn.au

www.resthaven.asn.au



Resthaven acknowledges the traditional owners of the lands on which its services are delivered. We pay our respects to elders past, present and future.

Resthaven is a richly diverse community founded on the principles of inclusion and unity, embracing and respecting each person's beliefs, culture, language, sexual orientation, gender identity, lifestyle, life experiences and values.



**Trust
Dignity
Choice**

Working together: outstanding care and support for older people and their carers

RESTHAVEN SERVICES DIRECTORY

Retirement Living

Phone **08 8373 9131**

Retirement Apartments

On Statenborough

Coopers Ave, Leabrook SA 5068

Resthaven Leabrook

Retirement Living

334 Kensington Rd,
Leabrook SA 5068

Retirement Villages

Resthaven Aberfoyle Park

Retirement Living

155 Hub Dve,
Aberfoyle Park SA 5159

Resthaven Bellevue Heights

Retirement Living

47 Eve Rd,
Bellevue Heights SA 5050

Resthaven Blackwood

Retirement Living

9 Brighton Pde,
192 Main Rd,
21 Waite St,
Blackwood SA 5051

Resthaven Brighton

Retirement Living

4 Strathmore Tce,
Brighton SA 5048

Resthaven Chiton

Retirement Living

2 Ocean Rd, Chiton SA 5211

Resthaven Elizabeth North

Retirement Living

32 Knighton Rd,
Elizabeth North SA 5113

Resthaven Kingswood

Retirement Living

23 - 27 Princes Rd,
Kingswood SA 5062

Resthaven Lower Mitcham

Retirement Living

75 Wattlebury Rd,
Lower Mitcham SA 5062

Resthaven Malvern

Retirement Living

43 Marlborough St,
Malvern SA 5061

Resthaven Marion

Retirement Living

12 Township Rd,
Marion SA 5043

Resthaven Paradise

Retirement Living

61 Silkes Rd, Paradise SA 5075

Resthaven Port Elliot

Retirement Living

52-54 North Tce, Pt Elliot SA 5212

Resthaven Salisbury

Retirement Living

8 Bridge St, Salisbury SA 5108

Resthaven Walkerville

Retirement Living

45 Fuller St,
30 Fuller St,
Walkerville SA 5081

Resthaven Wynn Vale

Retirement Living

12 Tauber Ct,
Wynn Vale SA 5127

Residential Services

Phone **08 8373 9113**

Resthaven Aberfoyle Park

100 Hub Dve,
Aberfoyle Park SA 5159

Phone **08 8115 1600**

Resthaven Bellevue Heights

47 Eve Rd,
Bellevue Heights SA 5050

Phone **08 8273 4400**

Resthaven Craigmore

200 Adams Rd,
Craigmore SA 5114

Phone **08 8288 4800**

Resthaven Leabrook

336 Kensington Rd,
Leabrook SA 5068

Phone **08 8139 6600**

Resthaven Malvern

43 Marlborough St,
Malvern SA 5061

Phone **08 8228 6300**

Resthaven Marion

10 Township Rd,
Marion SA 5043

Phone **08 8198 2000**

Resthaven Mitcham

17 Hill St, Kingswood SA 5062

Phone **08 8378 8999**

Resthaven Mount Gambier

24 Elizabeth St,
Mount Gambier SA 5290

Phone **08 8726 3400**

Resthaven Murray Bridge

53 Swanport Rd,
Murray Bridge SA 5253

Phone **08 8532 9800**

Resthaven Paradise

61 Silkes Rd, Paradise SA 5075

Phone **08 8154 8400**

Resthaven Port Elliot

3 Frederik St,
Port Elliot SA 5212

Phone **08 8574 5100**

Resthaven Westbourne Park

30 Sussex Tce,
Westbourne Park SA 5041

Phone **08 8228 6500**

Community Services

Phone **1300 13 66 33**

Resthaven Community

Respite Services

31/12 Township Rd,

Marion SA 5043

6-8 Township Rd, Marion

36 Sussex Tce, Westbourne Pk

Truro Ave, Kingswood

18 Halcyon Cct, Aldinga Beach

61 Alexandra Ave, Toorak Gdns

Phone **08 8198 2060**

Resthaven Fleurieu

Community Services

9 Rankine St, Strathalbyn

50 North Tce, Port Elliot

1 Loveday St, Goolwa

U5/68 Victoria St, Victor Harbor

1-3 Newland St, Victor Harbor

Phone **08 8536 8737**

Resthaven Limestone Coast

Community Services

13 Penola Rd

Mt Gambier SA 5290

17 Gordon St, Naracoorte

11 George St, Millicent

Phone **08 8726 9400**

Resthaven Marion

Community Services

43 Finnis St,

Marion SA 5043

131 Goodwood Rd, Goodwood

Phone **08 8306 4400**

Resthaven Murray Mallee

Hills Community Services

37 Swanport Rd,

Murray Bridge SA 5253

Phone **08 8534 2600**

Resthaven Northern

Community Services

16 Gillingham Rd,

Elizabeth SA 5112

5 King St, Gawler

Phone **08 8259 5600**

Resthaven Onkaparinga

Community Services

3-5 James Clark Rd,

Noarlunga Centre SA 5168

Phone **08 8307 3700**

Community Services

Resthaven Paradise & Eastern

Community Services

61 Silkes Rd,

Paradise SA 5075

255 Main North Rd,

Sefton Park

Phone **08 8154 8444**

Resthaven Riverland

Community Services

7 Wilson St, Berri SA 5343

Phone **08 8580 1400**

Resthaven Western

Community Services

96 Woodville Rd,

Woodville SA 5011

Phone **08 8345 0577**

Head Office

6 Bartley Cres, Wayville SA 5034

PO Box 327, Unley SA 5061

Phone **08 8373 0211**

Further Information

For more information about Resthaven's range of aged care services, phone **08 8373 0211** or visit www.resthaven.asn.au

For Residential Services vacancy enquiries, email:

[accommodation@](mailto:accommodation@resthaven.asn.au)

resthaven.asn.au

or call the Residential

Accommodation

Enquiries team on:

08 8373 9113

Visit our website

www.resthaven.asn.au

or scan QR code



FREE Aged Care Information Service


ALTERNATIVES

Agedcare Alternatives

237 Glen Osmond Rd

Frewville SA 5063

Phone **08 8408 4600**

info@agedcarealternatives.net.au

www.agedcarealternatives.net.au



Follow us on
social media:

facebook.com/resthaven.sa
linkedin.com/company/resthaven-incorporated
twitter.com/#!/Resthaven_SA
youtube.com/user/ResthavenInc
instagram.com/resthaveninc/