



### *How much does Resthaven Lifestyle Choices Plus cost?*

All services are individually tailored.

Prices vary according to the services you choose to receive.

For personalised pricing information and to discuss your preferences, please contact us on **1300 13 66 33**.

### *Why choose Resthaven Lifestyle Choices Plus?*

- Assistance when you need it. There's no waiting: your choice of services is available right now
- We'll take care of all the arrangements
- You choose the services you want, and how and when they are delivered
- No need to declare financial information. Minimal paperwork
- We work with you to design support according to your individual circumstances and preferences.

*It's your choice: you decide how you'd like us to support you.*

Please call us to discuss your preferences

**1300 13 66 33**



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## **Lifestyle Choices Plus**

Flexible, individual support on a fee-for-service basis

**Phone 1300 13 66 33**



## What is Lifestyle Choices Plus?

Resthaven Lifestyle Choices *Plus* is a private service option, offering older people a range of supports on a fee for service basis.

It offers flexibility and choice – do what you want to do, when you want to.

Choose from once-off, short term, or ongoing flexible, private services.

No matter whether you live at home, in a retirement village, apartment or residential aged care home, you can access Resthaven **Lifestyle Choices *Plus***.

Services are provided by Resthaven's highly trained, police checked, qualified and skilled staff.



## Support may include:

### Support in your home

- Household tasks such as cleaning, laundry, meal preparation
- Garden maintenance
- Home safety assessment, assistance to access equipment
- Looking after your pet.

### Personal care

- Assistance with personal care such as showering, grooming
- Support with managing your medicines
- Professional nursing services such as wound care, palliative care
- Allied health services including physiotherapy, occupational therapy, podiatry; individual or group sessions
- Post-hospital care and support.

### Companionship

We can accompany you to go wherever you want, when you want. Transport can be provided if needed.

- Appointments
- Visits with family and friends
- Shopping trips and visits to cafes
- Church, senior citizens, sporting clubs
- Social outings to the movies, art gallery, theatre, and other events
- Company in your own home environment.

### Administrative assistance

- Help with documentation, to pay bills, fill in paperwork, etc
- Arranging holidays, travel and special events such as birthday celebrations
- Support to keep in touch with family, friends and community.

### Dementia care

- Information and planning for the future
- Staff are trained in supporting people living with dementia.

### Respite care

- Respite and social support in your home, in community groups or overnight in community cottages or residential care.

