



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



Resthaven Incorporated

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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.

