



**Aldinga House**

# Carer Support & Short Breaks

Being a carer is rewarding, but at times can be tiring. Short breaks provide a valuable opportunity to recharge.

**Resthaven respite cottage, Aldinga House, is available for older people looking for a 'seachange'. This quiet home setting is just a short drive to iconic Aldinga Beach.**

Guests enjoy the home's daily routine and a range of social activities. The gardens provide a welcoming, secure outdoor area for all to enjoy.

### Day stays

A range of activities, tailored to individual needs and choices, are offered each day. Social programs focusing on individual abilities and interests are designed to promote inclusion and social connection.

### Overnight stays

Four well-equipped bedrooms offer an opportunity for a short break of up to two weeks, ideal when a carer needs time out for themselves.

### Staff support

Trained and skilled staff support guests of the home at all times.

A coordinator oversees the cottage, with support from a Registered Nurse.

### Eligibility

Day and overnight stays are available for older people, including those with memory loss.

A *My Aged Care* referral is required for all subsidised services. *Lifestyle Choices Plus* can be accessed for unfunded services.

Speak with our team to discuss how we can support you and your loved one with a short stay at Aldinga House.

### Resthaven Community Respite Services

**Phone 8198 2060**

Monday-Friday, 8am-5pm.  
Bookings are essential.

For general Resthaven Community Services enquiries, please phone **1300 13 66 33** or visit: [www.resthaven.asn.au](http://www.resthaven.asn.au)



***“The two carers were very very impressive.  
They are very caring people.”***

– Family carer of respite client

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**Disclaimer:** Although funding for respite services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.