



Ridgway House

Carer Support & Short Breaks

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

At Ridgway House, a comfortable home located in the leafy streets of Westbourne Park, day and overnight short stays are offered to older people, giving carers a break from their caring role.

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

Three private bedrooms with ensuites offer comfortable overnight stays for up to three visitors.

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 can be accessed for unfunded services.

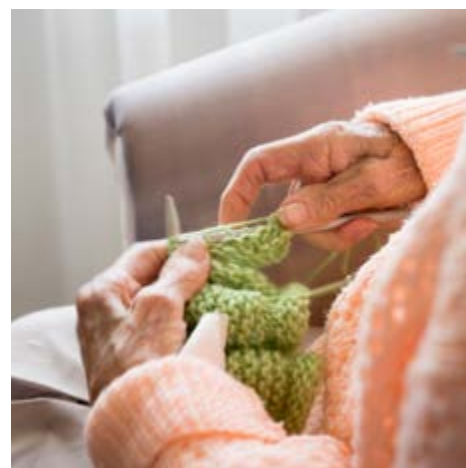
Speak with our team to discuss how we can support you and your loved one with a short stay at Ridgway House.

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



“Respite has been a lifesaver.”

– Family carer of respite client

Funded by the Australian Government Department of Health and Aged Care.

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.