



Resthaven
Incorporated

Trust
Dignity
Respect



Support for Carers

People often don't consider themselves as being a 'carer' when they are supporting a relative or friend.



If you support a relative or friend by providing emotional support, personal care, medications, preparing meals, shopping, transport or assistance with paying bills, you are a carer.

Being a carer is rewarding, but at times can be tiring and even challenging. Resthaven understands the complexity that you face and we offer a variety of services to support you and your wellbeing.

Taking time out and having a short break from your caring role can make a difference. Day and overnight breaks are available at our community cottages where our compassionate and experienced staff can provide the care and support your loved one needs, including people diagnosed with dementia.

These breaks are often called respite. Offered within your community, you can feel confident knowing that our staff will provide tailored care to meet each person's needs and choices. Our staff are trained and experienced in meeting the needs of older people, including those with memory loss.

The home environment provides a space for all to feel comfortable and be a part of the home's daily routine and social activities.

Short breaks are flexible and can be for a few hours or a few weeks, on a regular basis or as needed. We can tailor the break to meet your needs and choices.

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.

Support for carers offered within our Community Services include:

- Short carer breaks, within your home
- Day short breaks at our community cottages
- Overnight short breaks offered from one night to a couple of weeks
- Carer support groups
- Transport to/from short stays
- Resources and information.

To find out more about carer support and short breaks, please call the team on 8198 2060.

Residential respite is available within our aged care homes. To find out more please call the team on 8373 9113.

Visit our website: www.resthaven.asn.au

Resthaven Community Respite Services:

Ridgway House

36 Sussex Tce, Westbourne Park. Flexible, centre-based, small group day, and overnight cottage respite.

Hersey Cottages

6-8 Township Rd, Marion. Flexible, centre-based group day respite.

Aldinga House

18 Halycon Circuit, Aldinga Beach. Flexible, centre-based day and overnight cottage respite.

Toorak House

61 Alexandra Ave, Toorak Gardens. Flexible, centre-based day and overnight cottage respite.

Day respite is also available at select Community Services locations.

Phone 8198 2060 or email: respite@resthaven.asn.au

Resthaven Fleurieu Community Services:

Newland House

1 Newland St, Victor Harbor. Flexible, centre-based day respite.

Phone 8534 2600

Resthaven Limestone Coast Community Services:

Hollyhock Limestone Cottage

10 Fitzgibbon Court, Mt Gambier. Flexible, centre-based, small group day, and overnight cottage respite.

Naracoorte

17 Gordon Street, Naracoorte

Phone 8762 4389

A *My Aged Care* referral is required for all subsidised services. **Phone 1800 200 422** *Lifestyle Choices* is available for unfunded services.

Phone 1300 13 66 33