

About us

Every day, Resthaven shares the lives and wisdom of older people and their carers.

Proudly South Australian, Resthaven is one of a select few providers to offer the full range of aged care services.

Established in 1935, Resthaven is an aged care community service associated with the Uniting Church and a financially independent, not for profit charity.

You'll welcome the care that Resthaven brings.



"I continue to revisit the retreat time, gaining strength from the experience. I enjoyed sharing experiences with other carers, and having the opportunity for further connection with them outside group time. All of this was made possible by your amazingly sensitive and creative organisation and input. Thanks again!"

– RETREAT ATTENDEE



Phone: **(08) 8198 2088**

Email: sahrsa@resthaven.asn.au



Scan QR code for more information or visit our website:

www.resthaven.asn.au/sahrsa

Short Break & Retreat Program

Staying at Home in Regional SA

A short break and retreat program provided by Resthaven, for carers and those living with dementia

www.resthaven.asn.au/sahrsa

Are you supporting someone with dementia at home?

Through Resthaven's Staying at Home in Regional SA (SAHRSA) program, you and the person you care for can enjoy small group retreats for three days and two nights, with 24/7 staff.

These getaways offer you both a chance to recharge in a welcoming environment that combines practical support, education and engaging activities. Retreats are government funded and offered with no charge to participants.

Experience a complimentary short break together in a picturesque regional setting.



We understand ... we're here to help.

While you gain valuable insights from dementia specialists and share experiences with fellow carers, the person you care for will participate in meaningful and fully supported activities.

Enhance your care journey

Learn valuable skills to enhance both you and your loved one's wellbeing:

- Protect your own health and energy
- Develop deeper insights into dementia and practical ways to handle daily challenges
- Navigate and connect with available community support services
- Planning for the future
- Understand and responding to changing behaviours
- Make informed decisions about respite care options.

The free day or three day retreats are held in picturesque locations in regional South Australia.

Call to enquire and book your place today!

Effective date: July, 2025

2025 07 - Short Break and Retreat Program A4-DL brochure

“The experience was beyond my expectations. I was very nervous it would be more like a hospital stay but the experience was wonderful at the retreat. Relaxing, funny, trustworthy and caring.”

– RETREAT ATTENDEE



Our program equips you with essential tools and knowledge to support your loved one's choice to remain at home, while maintaining your own wellbeing.

Phone (08) 8198 2088