

## How to get started

Many older Australians are eligible for Australian Government-funded home support, or you may choose private services.

### Funding options include:

- **Support at Home**  
(government-funded)
- **Commonwealth Home Support Program (CHSP)**  
(government-funded)
- **Resthaven Lifestyle Choices Plus**  
(private funding option)

A government My Aged Care referral is required for all subsidised services.

Phone **1800 200 422** or visit [myagedcare.gov.au](http://myagedcare.gov.au) to learn more about eligibility and funding.

Resthaven **Lifestyle Choices Plus** is a private fee paying service available with no waiting or referral required.

Phone **1300 13 66 33** for details.

Stay connected to the home and community you love with some support from Resthaven – South Australia's largest home care provider.

For more information visit Home Support at [www.resthaven.asn.au](http://www.resthaven.asn.au)

## Speak with us today

Call Resthaven on **1300 13 66 33** for a friendly chat or to arrange a free in-home consultation.



### Resthaven Incorporated

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



# Home Support Independent & Connected



[www.resthaven.asn.au](http://www.resthaven.asn.au)

Enriching the lives of older people



## Home Support Services

### Need a little extra help to stay independent at home?

*Stay connected to the home and community you love with support from Resthaven — South Australia's largest home care provider.*

We offer flexible services designed to help you live safely and comfortably at home.

Whether you need a little support or more complex care, our experienced team is here for you.

Whether it's nursing care, help around the house or garden, support with shopping, or personal care, we're here with kindness and understanding, every step of the way.

## What support can I receive?

**We'll work with you to build a plan that suits your needs and goals.**

### *Services may include:*

- Nursing care (from short-term support to end-of-life care)
- Social activities
- Health and wellbeing support
- Bathing and personal care
- Allied health services
- Continence, vision, hearing, and memory support
- Respite care
- Reablement, restorative care, and rehabilitation
- Assistive technology
- Home modifications
- Meals and shopping
- Exercise groups
- Transport
- Light cleaning, laundry, and housework
- Home and garden maintenance
- Support with hoarding.

**Support is available in your home or through our Community Services locations across SA.**

## Why choose Resthaven?

- With over 90 years of experience, Resthaven has earned a trusted reputation for providing personalised care to thousands of South Australians every year
- Proudly South Australian, Resthaven is a not-for-profit, 100% accredited aged care provider
- Support and personalised care is provided by trained, insured, and police-checked workers when and where you need it
- We have fully qualified and experienced nurses able to deliver professional care in your own home — whether short-term after illness or injury, ongoing clinical care, or compassionate end-of-life care
- Resthaven is one of only a few providers who offer the full continuum of aged care services, including in-home care, allied health, nursing, clinical care, and dementia care
- We support family carers, listening to and respecting their views and privacy, and are inclusive of people from diverse backgrounds
- We live our values of trust, dignity and respect.