

Advocacy

Resthaven encourages you to nominate an advocate of your choice. This may be someone from your chosen support network, or an advocate may be accessed via the Aged Rights Advocacy Service. Telephone **8232 5377** or in country South Australia, **1800 700 600**.

Interpreter Services

Resthaven can arrange an interpreter on request.

You can also contact the Translating and Interpreting Services on **131 450** to assist with your contact with us.



Comments and Feedback

Resthaven welcomes any comments, complaints, or suggestions regarding the services provided.

Contact us

For more information regarding Resthaven in-home support services, please call Resthaven Community Services for the cost of a local call: **1300 13 66 33**.

Services are available throughout Metropolitan Adelaide, Murraylands, Adelaide Hills, Fleurieu Peninsula, Limestone Coast, Riverland, Gawler and Lower Barossa areas.

An Australian Government Initiative

Funded by the Australian Government Department of Health through the Commonwealth Home Support Programme.

Disclaimer:

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



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In-Home Support Services

Supporting older people and their carers



Resthaven
Incorporated

Resthaven In-Home Support Services

Resthaven can assist you to remain independent and safe in your home and to participate in community life.

- You have the opportunity to design services that best meet your assessed needs.
- Services provided may be short term, and will support you to achieve your goals and continue doing things that are important to you.
- Support is also available for people living with dementia, with activities tailored to meet each person's capacity and strengths.
- Services are provided by trained home support staff and health professionals, all with a current police clearance.

Eligibility

Support is available to:

- People from all backgrounds who are aged 65 years or older
- People from Aboriginal and Torres Strait Islander backgrounds who are aged 50 years or older
- Carers of people aged 65 years or older.

Service options include:

- Home help, such as cleaning, laundry and home maintenance
- Shopping and transport assistance
- Social support, maintaining connections with family, friends and community
- Personal care, including showering, dressing and assistance with medication
- Nursing, including continence management
- Support for carers, including in-home, centre based or overnight respite care
- Therapy treatment – physiotherapy, podiatry, occupational therapy, speech pathology, dietetics and counselling
- Well-being, improving strength and mobility
- Groups to support older people who live with the effects of stroke, Parkinson's disease, dementia and memory loss
- Fitness groups
- Assistive devices (eg walking frames) to assist with maintaining independence
- Specialised support for people with vision impairment.

Benefits:

- Improved skills and ability to manage day to day life and ongoing health issues
- Increased independence
- Enhanced motivation, confidence and self esteem
- Improved recovery following injury and illness
- Improved quality of life
- The ability to remain living in your own home.

How to Apply

In-home support services are provided by Resthaven through the Commonwealth Home Support Programme, and requires applicants to be assessed for eligibility by contacting My Aged Care on **1800 200 422**.

Alternatively, your local Resthaven Community Services office can assist you with the referral process. Phone **1300 13 66 33**.