

Community Connections

VOLUME 1, ISSUE 1

AUTUMN 2026



Resthaven
Incorporated

Trust
Dignity
Respect

Strengthened Aged Care Quality Standards



Standard 1

I am valued and have choices over the life I lead

Standard 2

I have confidence in my provider

Standard 3

My care is based around who I am and what's important to me

Standard 4

I feel safe and supported where I live

Standard 7

I contribute to the community I live in

Standard 6

I enjoy tasty nutritious foods every day

Standard 5

I get the right clinical care for me



Find out more

agedcarequality.gov.au/older-australians



Mel Ottaway
Executive Manager
Community Services
& Retirement Living

A message from Mel

Welcome to the first edition of the new Resthaven Community Connections newsletter. We are excited to bring you this publication that is tailored to individuals living in their own homes. Feel free to give us your feedback.

From 1 July 2027, the Government is planning the Support at Home program to expand and replace the Commonwealth Home Support Program (CHSP).

A new era in Aged Care

On 1 November 2025, the *Aged Care Act 2024* came into effect, along with the Strengthened Aged Care Quality Standards.

The new Act introduces a formal Statement of Rights for older people receiving care. **These rights include autonomy in decision making and social participation, freedom from mistreatment and neglect, and access to complaint/advisory mechanisms.**

All Resthaven staff have completed training on the changes and abide by these new standards.

Resthaven encourages feedback about the care and services we provide, as we view this as an opportunity to continuously learn and improve. Feedback is treated seriously and confidentially.

Resthaven has an ongoing commitment to enriching the lives of older people and upholding our values of trust, dignity and respect.

Support at Home

From 1 November 2025, the Support at Home program replaced the existing Home Care

Packages (HCP) Program and Short-Term Restorative Care (STRC) Program. From 1 July 2027, Support at Home will also replace the Commonwealth Home Support Programme (CHSP).

The aim of the new Support at Home program is to provide a simple and more transparent support system for older people to assist them to continue to live within their own home.

Under the Home Care Packages Program, you were charged for a service (e.g. cleaning) and then charged separately for the cost of administration of your package (e.g. third-party costs and staff travel).

Under Support at Home, the price for each service includes all those costs. This means the service price is the entire cost of delivering that service to you, and will be the total amount charged to your budget. Your budget will only be charged for services that you receive. The care management component is now separate.

Support at Home pricing enables you to see exactly how much care you have received and how much of your budget has been spent.

Please reach out to your Care Partner if you would like more information.

Resthaven Community Services trained home support workers and health professionals can help with:

- Nursing and clinical care
- Allied health services
- Social activities and respite
- Staying healthy and active
- Personal care
- Shopping
- Household tasks.

We also have some contracted services for items such as home maintenance.

Resthaven has been offering aged care services in people's homes for more than 35 years. We are experienced, and will continue to support people to maximise their wellbeing, independence, and autonomy through the new Support at Home packages.

For more information visit:

www.resthaven.asn.au/living-at-home/home-support-services/



Wellbeing and Allied Health

Resthaven's commitment to supporting older individuals to age well and boost their wellbeing continues to go from strength to strength (pun intended) with Wellness and Social Engagement Lead, Sekai Nhapi, and Allied Health Lead, Michael To, working together to benefit clients.

Together, they're introducing contemporary programs into Resthaven's Community Service sites that are designed holistically to support the individual at the centre of care.

'We're bringing in programs that are fresh and new,' says Sekai.

'We want to help people achieve their goals and aims – whether this is after an injury or illness, as a result of a change in lifestyle, or just a desire for renewal.

We can also offer additional support through social connections or allied health programs. By bringing everything together we can create a personalised plan that is much greater than the sum of its parts.'

Michael, who has been in his role for just over a year, is pleased with how Resthaven's Allied Health program is evolving.

'Allied Health is an area where people's awareness and understanding are growing,' Michael says. 'People are familiar with physiotherapists, but the role of occupational therapists, for example, is still less well understood. That's where collaboration with Sekai's team is so important. We can promote the value of these services and ensure access to the full range of available support.'

Above: Sekai Nhapi, Michael To and client Maz Edgell.

Resthaven offers a full range of allied health services including:

- physiotherapy
- occupational therapy
- exercise physiologists
- social work and
- podiatry.

Sekai and Michael’s shared vision includes normalising restorative care and tackling ageism along the way.

‘We’re keeping the much-loved bingo and craft groups,’ Sekai says, ‘But we’re also adding more educational sessions, technology-focused programs, and practical workshops around health and pain management.’

And even the basics are getting a refresh. Sekai and Michael are reviewing scheduling systems across sites to create more logical and engaging daily experiences.

‘For example, we want to create opportunities where a client might start the day with an exercise class, then join a social coffee club, followed by another activity and then a one-on-one appointment.

We are also creating consistency across sites, so that if a client moves areas, the same Resthaven services will still be available to them.’

With a strengthened team and a clear community focus, Resthaven’s refreshed approach to wellness can help clients stay active, connected, and confident.

These services are available to older South Australians through Support at Home and the Commonwealth Home Support Program, via My Aged Care.

To find out more about Resthaven’s wellness and reablement services, visit:

www.resthaven.asn.au/wellness-reablement/ or speak to one of our Care Partners.

Diversity Resources

Cultural Diversity Communication Cards (available to view and download at no cost from the Centre for Cultural Diversity in Ageing website) depict a wide range of activities and situations and can be used to prompt discussion, assist with directions, clarify a person’s needs, etc.

Visit this link to download cards in your choice of language (**available in over 60 different languages**). There are two options to download, four cards per A4 page, or 12 cards per A4 page.

www.culturaldiversity.com.au/communication-cards

The Communication Cards cover themes such as:

- Food / Drink / Meals
- Personal Care
- Feelings / Pain
- Religion / Spirituality
- Sleep
- Mobility Aids
- Medical / Health Specialists
- TV / Recreation



Simple Healthy Meals and Snacks

from Lee Lyons and Kerry Lienert (originally published in the Resthaven Squeaky Joints and Well-Oiled Cooks Recipe Book)

Apricot & Date Tea Bread

Ingredients

- 1 tbsp butter or margarine
- 1 cup chopped apricots
- 1 cup diced dates (or any dried fruit)
- 1 cup boiling water, (can use tea)
- 2 cups self raising flour
- 1 cup sugar (more or less to taste)

Method

Place butter, apricots, dates (dried fruit) into a large bowl. Pour boiling water over it and allow the mixture to cool.

Combine flour and sugar. Mix thoroughly.

Stir into the fruit mixture, spoon into a lined loaf tin (fairly large) and bake in a moderate oven 45-50 minutes.



Beetroot, Asparagus & Feta Salad

Ingredients

- 340g asparagus spears
- 200g feta cheese, crumbled
- 1 cup loosely packed fresh mint leaves, torn
- 450g can sliced beetroot, drained
- ½ cup (50g) roasted walnut halves

Lemon dressing

- 1 clove garlic, crushed
- ¼ cup (60ml) olive oil
- 1½ tablespoons lemon juice

Combine ingredients in screw-top jar and shake well.

Method

Boil, steam or microwave asparagus until just tender, drain. Combine asparagus and dressing in a large bowl with remaining ingredients.



Technology tips and tools

An email scam is when someone deceives you into providing personal or financial information so they can steal from you.

Scammers rely on you not spotting the warning signs because you're in a hurry, you don't want to miss something that looks like a great deal, or because it seems like it's from someone you trust.

Warning signs it's a scam if:

- It's an opportunity to make/save money
- Someone you haven't met needs your help – and money
- The message contains links or attachments
- You feel pressured to act quickly
- They ask you to pay in an unusual or specific ways, such as setting up new accounts or 'PayID's.

STOP – Don't give money or personal information to anyone if unsure. Scammers



will offer to help you or ask you to verify who you are. They will pretend to be from trusted organisations such as a bank, or government.

THINK – Never click a link in a message. Only contact businesses using contact information from their official website

PROTECT – Act quickly if something feels wrong. Contact your bank if you notice some unusual activity.

For more information about scams and how to protect yourself, visit government website: www.scamwatch.gov.au/.

Have you ever wanted to share a photo?

iPhone

1. Open and select your photos

Go to the Photos app and find the photo(s) or video(s) you want to share. Tap one item to share a single photo, or tap multiple thumbnails to select more than one.

2. Tap the Share button

Tap the Share icon (the square with the upward arrow). Choose how you want to share it – such as Mail, Messages, Messenger, or AirDrop. If you don't see the app you want, scroll right and tap More to find it.

3. Send your photo

If using Mail or Messages, type your message and tap Send.

Android

1. Open your photo app

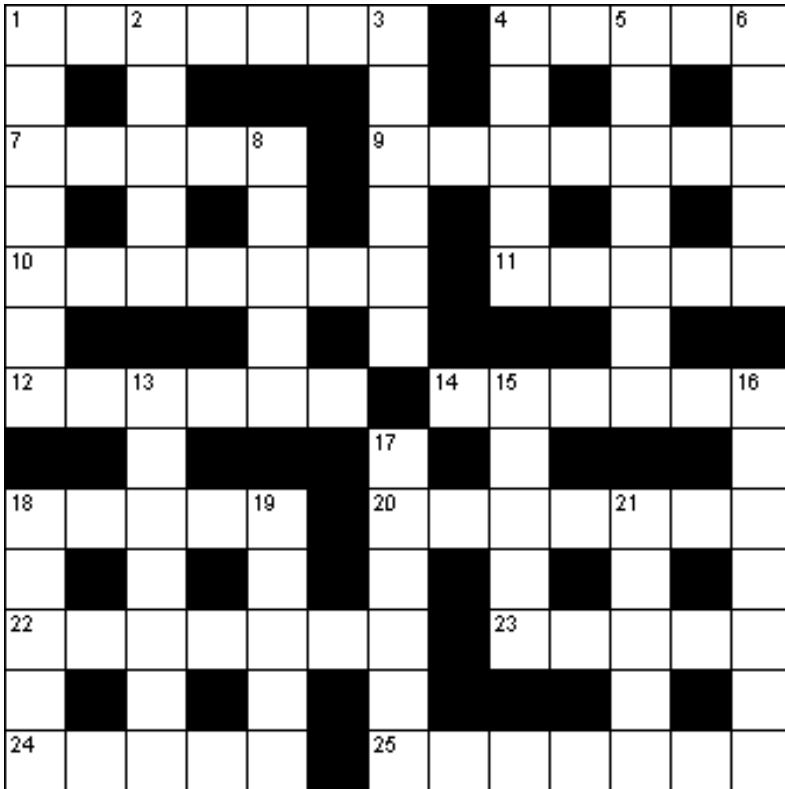
Open Google Photos, Samsung Gallery, or your phone's photo gallery app. Browse and tap the photo or video you want to share.

2. Tap the Share icon

Tap the Share icon (symbol with three dots connected by lines). To share multiple items, press and hold photos until checkmarks appear, then tap Share.

3. Choose an app and send

Select the app you want to use (Gmail, Messenger, or WhatsApp). Enter the recipient's name and send. If you don't see the app you want to use, tap More or the three dots (...).



Across

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

Down

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgment (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)

Finish these Aussie sayings

1. He couldn't catch a
2. A better man never stood in
3. Flat out like a
4. I could eat a horse and chase the
5. What do you think this is,
6. Come in
7. Fair crack of the
8. He couldn't shout if a bit him!
9. What a load of
10. Off like a bucket of..... in the hot sun.
11. He couldn't fight his way out of a
12. He doesn't know if he's Arthur or
13. Don't come the raw with me.
14. Going to the dozen.
15. Between you, me and the
16. Fair suck of the
17. Get off your horse.
18. As scarce as teeth.
19. As slow as a week.
20. I'll give you a
21. As as Adam.
22. On yer
23. She's
24. As as Larry.



“Autumn is a second spring when every leaf is a flower.”

Albert Camus

Answers on page 23

Brain Training

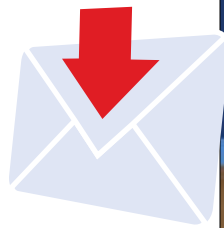


This autumn themed word wheel is made from a 9-letter word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the central letter.

Answers on page 23

e-newsletter

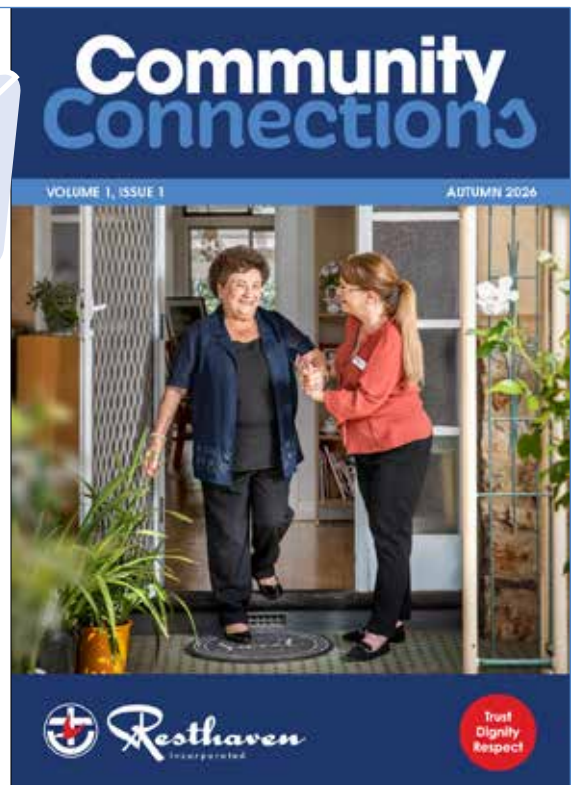
Would your family or friends like to receive this newsletter via email?



If yes, please ask them to contact pr@resthaven.asn.au with their name and email contact details, plus the name of the newsletter they wish to receive (eg Resthaven Community Connections). Families are welcome to subscribe to newsletters at any time.

For information about the services we provide, visit: www.resthaven.asn.au.

You can also follow us on social media!



VOLUNTEERS of Resthaven

Enrich lives through volunteering

LET'S CONNECT



Scan code to find out more or visit www.resthaven.asn.au

Infection Protection & Control

Merridy Baylis, Executive Manager
Clinical Governance & Operational Excellence



Protecting yourself and others this respiratory virus season

Colds, flus and other respiratory illnesses are in the community, with high case numbers of flu being reported.

Older people are vulnerable to the impact of infections and infectious diseases. We all have a part to play in stopping the spread of infections in our community.

How can you stay safe and healthy?

You can stay healthy and assist us to keep you and others safe by:

- Carefully and regularly washing your hands with soap and water before eating, after going to the toilet, after blowing your nose, and touching objects such as door handles and handrails (or your favourite pet).
- Carefully drying your hands after washing them.
- Carefully and regularly using alcohol-based handrub when out and about.
- Covering your mouth and nose when you cough and sneeze.
- Encouraging your family and friends to wash their hands when visiting and request they consider not visiting you when they are unwell.
- Consider the wellbeing of others when you are feeling unwell.
- Please follow our staff advice to rest in your home and consider wearing a mask when in the company of others during the infectious stage of your illness.
- Practice social distancing, staying 1.5 metres away from others if you have cold and flu symptoms.

Resthaven Staff wear full Personal Protective Equipment (PPE) when caring for clients who have tested positive to an infectious virus to prevent further spread and to protect their health and wellbeing.

PPE includes a disposable gown, gloves, face mask and eye wear protection.

Vaccinations

Vaccination is a simple, safe, and effective way of protecting yourself against harmful diseases before you come into contact with them.

Vaccination works by assisting your body's natural defences to build resistance to a specific organism, and if infected or exposed, helps your body to fight the infection rapidly to reduce severity of illness.

Shingles vaccinations

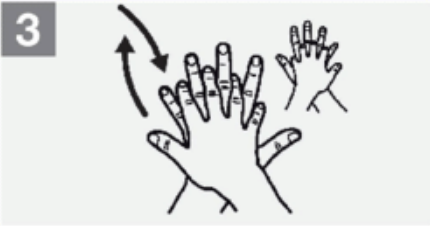

A vaccine to prevent shingles is licensed in Australia for use in adults 50 years of age and older who have not previously received a dose of zoster (shingles) vaccine. The vaccine is free for people aged 70 years as part of the National Immunisation Program. The vaccine is also free for a five-year catch up for people aged 71-79 years.

Since the vaccine contains a small amount of live attenuated (weakened) virus, some people with conditions affecting the immune system, or on medications that lower the immune system, may not be able to receive the vaccine for medical reasons.

continued over page ...

How to Hand Wash


Wash hands when they are visibly soiled, otherwise use hand rub

 <p>0</p>	 <p>1</p>	 <p>2</p>
Wet hands with water;	Apply enough soap to cover all hand surfaces;	Rub hands palm to palm;
 <p>3</p>	 <p>4</p>	 <p>5</p>
Right palm over left dorsum with interlaced fingers and vice versa;	Palm to palm with fingers interlaced;	Backs of fingers to opposing palms with fingers interlocked;
 <p>6</p>	 <p>7</p>	 <p>8</p>
Rotational rubbing of left thumb clasped in right palm and vice versa;	Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;	Rinse hands with water;
 <p>9</p>	 <p>10</p>	 <p>11</p>
Dry hands thoroughly with a single use towel;	Use towel to turn off faucet;	Your hands are now safe.

Wash your hands regularly with soap and water. Use an alcohol based rub after washing hands.



Cover your coughs and sneezes with your elbow or a tissue.



Clean and disinfect surfaces and objects regularly.



When you are sick, stay home and rest. Keep yourself isolated so you don't spread infections.



Influenza (the flu) and vaccination

Influenza, or the flu, is a notifiable and highly infectious respiratory viral infection caused by the influenza virus.

There are two major types of influenza that affect humans. These are Type A and Type B. Influenza is usually seasonal, occurring from mid-autumn to late winter in southern Australia. It is spread by droplets from coughs or sneezes.

Individuals are usually infectious for three to four days after infection and may be infectious one to two days before symptoms appear.

Symptoms of influenza

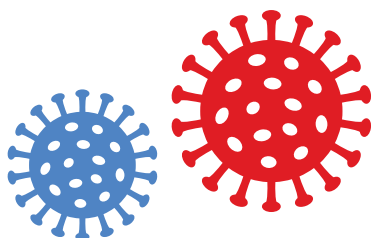
Initial symptoms may be similar to those of other respiratory infections. Symptoms develop rapidly, one to three days after infection and include:

- Fever/chills
- Tiredness/Exhaustion
- Cough/sore throat
- Headache
- Muscle and joint pain
- Stuffiness/runny nose.

Symptoms in the elderly may also include:

- Loss of appetite
- New onset or increase of confusion.
- Shortness of breath
- Increasing Chronic Obstructive Airways Disease symptoms.

The annual influenza vaccine is the best protection and is recommended for everyone aged six months and older. The influenza vaccine is free for those aged over 65. Ask your GP about booking yours now.



Respiratory Syncytial Virus (RSV) and vaccination

RSV is a virus transmitted by respiratory secretions. It is a common cause of upper and lower respiratory tract infection. Repeated infections are common throughout life because infection does not confer long-lasting immunity.

The highest burden of RSV disease is among very young children and elderly people. Hospitalisation rates decline with age after early childhood, then increase again from 50 to 65 years of age.

Aboriginal and Torres Strait Islander adults have an increased risk of severe disease and hospitalisation due to RSV.

Symptoms of RSV

In adults, RSV usually causes upper respiratory tract infection symptoms, such as cough, fever, sore throat and nasal congestion similar to other respiratory viruses.

Wheezing, earache and sinus pain occur more commonly with RSV infection than with other viruses.

Usually, people experience the onset of RSV symptoms four to six days after infection. Most people experience a mild illness.

RSV vaccine

Aboriginal and Torres Strait Islander people aged 60 and over, people aged 60 and over with chronic heart, lung or immunocompromised conditions, and adults aged 75 and over are recommended to receive RSV vaccines. People aged 60 to 74 years can consider RSV vaccination.

RSV vaccines for these groups are not funded through the National Immunisation Program (NIP) or state and territory programs.

They can be purchased through the private market, but the cost cannot be claimed or reimbursed through the NIP or state or territory programs.



Respecting Differences

Resthaven acknowledges the traditional owners of the lands on which its services are delivered. We pay our respects to elders past, present and their communities.

Resthaven is a richly diverse community, founded on the principles of inclusion and unity, embracing and respecting each person's beliefs, culture, language, sexual orientation, gender identity, lifestyle, life experiences and values.

Resthaven's Diversity Action Plan reflects our commitment to being an inclusive organisation. Resthaven continues to work on identified actions to ensure access to aged care services, and inclusion, for older people of all backgrounds and life experiences.

We strive for excellence in our work with individuals, value inclusion, unity, tolerance and respect the dignity of each person.

We expect that all employees, volunteers, residents, clients, their families and carers embrace these values, and treat each other with mutual respect and understanding, paying due regard to each person's country of birth, language, culture and beliefs.



A new Resthaven Community Services office is now open at Littlehampton.

This is a subsidiary office of the main Murray Bridge office of Resthaven Murray Mallee Hills Community Services, bringing our services closer to the communities we support.

72 Old Princess Hwy, Littlehampton
Phone 8534 2600



Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.

Henry Ford

Sharing the Wisdom



Creating mosaics, making fruit animals and composing songs with ‘boom whackers’ – it’s all part of the fun and learning of the Resthaven and Annesley Junior School’s intergenerational Sharing Wisdom program. A joint initiative, the program brings together residents from Resthaven Retirement Living villages and reception students from Annesley for six weeks of activities and interactions.

‘I didn’t really know what to expect when I started,’ Mrs Barbara (Barb) Thredgold from Resthaven Fulham Gardens Retirement Living says. ‘But it has been great. It’s really well done, and I love it.’

Mrs Pamela (Pam) Lockett agrees.

‘It’s been wonderful to interact with all the children,’ Pam says. ‘We laugh every week!’ The students have been nothing but enthusiastic as they have learnt more about their ‘special visitors’.

‘Some of the children in the classroom do not have grandparents nearby, so this type of activity allows them to interact with older people, which they might not usually do,’ Leanne Williams, one of the reception teachers at the school, says.

‘They look forward to the visit every week!’ Residents have volunteered their time to help with the classroom activities, enabling



the students to take on complicated and hands-on tasks.

Some have also expressed their surprise by the structure of the learning that takes place at the school, including an on-site café manned by the Year 6 students which introduces them to hospitality and business skills.

‘To sit in the classroom and see how it’s done now is fascinating,’ Barb says. ‘It’s good to see what is going on in schools these days.’



“Intergenerational programs are wonderful for the wellbeing of both young and young at heart. We are so glad to build on this program so that retirees can benefit from this enriching time with students.”

Stay tuned for more opportunities!

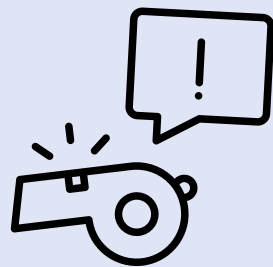


Whistleblower Protection

A whistleblower is a person who reports serious wrongdoing or misconduct. Resthaven is committed to protecting whistleblowers and ensuring that anyone who raises a concern can do so safely. You can remain anonymous. Whistleblowing reports can be made to:

- A responsible person under the Aged Care Act, such as the Home and Community Services Manager, Executive Manager Community Services and Retirement Living, the CEO or the Board
- Our Independent Whistleblower Hotline at **1800 951 055** or via email to: **whistleblowing@emaconsulting.com.au**
- The Aged Care Quality and Safety Commission or other relevant regulatory bodies.

Scan to code to view on our website



For further information, please refer to the Whistleblower fact sheet provided.



We welcome your feedback



We'd like to hear from you ...

We welcome your feedback

Resthaven continuously strives to improve our service to you. We invite you to speak with the Manager at any time if you have any queries, concerns, or suggestions.

If you prefer to make a comment in writing, there is a brochure available on site called **'We'd like to hear from you'**. Feel free to use this brochure to let us know how we can improve our services.

If you have a concern that is not resolved to your satisfaction, you are welcome to contact the Executive Manager Community Services and Retirement Living, or the Chief Executive Officer, by writing to Resthaven Inc. at PO Box 327, Unley SA 5061, calling **08 8373 0211** or emailing **quality@resthaven.asn.au**.

Be assured that anonymous complaints will always be investigated, but please be aware that anonymity may limit the complaint outcome.

Statement of Rights

The Aged Care Act 2024 is the new law for government-funded aged care in Australia. The new Act includes a Statement of Rights, which outlines the rights that older people in the aged care system should expect when seeking or accessing government-funded aged care services. The Statement of Rights is outlined below:

Independence, autonomy, empowerment and freedom of choice

- (1) An individual has a right to:
 - (a) exercise choice and make decisions that affect the individual's life, including in relation to the following:
 - (i) the funded aged care services the individual has been approved to access;
 - (ii) how, when and by whom those services are delivered to the individual;
 - (iii) the individual's financial affairs and personal possessions; and
 - (b) be supported (if necessary) to make those decisions, and have those decisions respected; and
 - (c) take personal risks, including in pursuit of the individual's quality of life, social participation and intimate and sexual relationships.

Equitable access

- (2) An individual has a right to equitable access to:
 - (a) have the individual's need for funded aged care services assessed, or reassessed, in a manner which is:
 - (i) culturally safe, culturally appropriate, trauma aware and healing informed; and
 - (ii) accessible/suitable for individuals living with dementia or other cognitive impairment; and
 - (b) palliative care and end of life care when required.

Quality and safe funded aged care services

- (3) An individual has a right to:
 - (a) be treated with dignity and respect; and
 - (b) safe, fair, equitable and non discriminatory treatment; and
 - (c) have the individual's identity, culture, spirituality and diversity valued and supported; and
 - (d) funded aged care services being delivered to the individual:
 - (i) in a way that is culturally safe, culturally appropriate, trauma aware and healing informed; and
 - (ii) in an accessible manner; and
 - (iii) by aged care workers of registered providers who have appropriate qualifications, skills and experience.
- (4) An individual has a right to:
 - (a) be free from all forms of violence, degrading or inhumane treatment, exploitation, neglect, coercion, abuse or sexual misconduct; and
 - (b) have quality and safe funded aged care services delivered consistently with the requirements imposed on registered providers under this Act.

Please note: Division 1 of Part 4 of Chapter 3 deals with conditions on registered providers, including requirements in relation to the use of restrictive practices and management of incidents.

Respect for privacy and information

- (5) An individual has a right to have the individual's:
 - (a) personal privacy respected; and
 - (b) personal information protected.
- (6) An individual has a right to seek, and be provided with, records and information about the individual's rights under this section and the funded aged care services the individual accesses, including the costs of those services.

Person-centred communication and ability to raise issues without reprisal

- (7) An individual has a right to:
 - (a) be informed, in a way the individual understands, about the funded aged care services the individual accesses; and
 - (b) express opinions about the funded aged care services the individual accesses and be heard.
- (8) An individual has a right to communicate in the individual's preferred language or method of communication, with access to interpreters and communication aids as required.
- (9) An individual has a right to:
 - (a) open communication and support from registered providers when issues arise in the delivery of funded aged care services; and
 - (b) make complaints using an accessible mechanism, without fear of reprisal, about the delivery of funded aged care services to the individual; and
 - (c) have the individual's complaints dealt with fairly and promptly.

Advocates, significant persons and social connections

- (10) An individual has a right to be supported by an advocate or other person of the individual's choice including when exercising or seeking to understand the individual's rights in this section, voicing the individual's opinions, making decisions that affect the individual's life and making complaints or giving feedback.
- (11) An individual has a right to have the role of persons who are significant to the individual, including carers, visitors and volunteers, be acknowledged and respected.
- (12) An individual has a right to opportunities, and assistance, to stay connected (if the individual so chooses) with:
 - (a) significant persons in the individual's life and pets, including through safe visitation by family members, friends, volunteers or other visitors where the individual lives and visits to family members or friends; and
 - (b) the individual's community, including by participating in public life and leisure, cultural, spiritual and lifestyle activities; and
 - (c) if the individual is an Aboriginal or Torres Strait Islander person—community, Country and Island Home.
- (13) An individual has a right to access, at any time the individual chooses, a person designated by the individual, or a person designated by an appropriate authority.

Read the full Statement of Rights here:
www.health.gov.au/our-work/aged-care-act/about



Fully funded retreats for carers and those living with dementia

Stephanie Karagiannis, Resthaven Project Officer, has made it her mission to encourage as many people as possible who are living with dementia, and their carers, to take part in fully Commonwealth funded retreats under the Staying at Home in Regional SA (SAHRSA) Program.

The program supports carers of people who are living with dementia with tools, strategies and services to stay at home for longer. The free three-day retreats are held in picturesque locations in regional South Australia and enable carers and people living with dementia to connect with others who are experiencing similar challenges. The carer may be a spouse/partner, child or other significant friend or family member.

Over the course of the retreat, the person living with dementia has access to tailored, meaningful, and individualised support from dedicated Resthaven engagement staff. Caregivers receive education sessions

on dementia-related topics and general aged care topics, with presentations from a variety of providers, including Carers SA and Dementia Australia. Participants also come together for collective activities that provide meaningful social engagement and offer carers insight into how their loved one responds in social settings.

‘The bigger benefit, which we see time and again, is the connections people make with each other,’ Stephanie says.

‘It’s carers finding support from other carers who are going through the same things, as well as people living with dementia finding people who accept and understand what they are going through also.’

Previous groups of retreat guests have continued to catch up long after the retreats have finished.

‘It’s a safe space for people to talk openly,’ Stephanie says.

‘What we hear from people is that often, because they are with “strangers”, they feel able to open up about how they are truly feeling, without judgement or the weight of responsibility which might come from people closer to them.’

Along with Stephanie, a team of Resthaven staff attend the retreats to engage with the person living with dementia and ensure everything runs smoothly.

‘Staff stay onsite for the entire retreat, so it’s also an opportunity for Resthaven staff to work in different areas of care and support,’ Stephanie says. ‘We have met so many special people on these retreats. At the end of the three days, we feel like we’ve known each other for ages!’

Retreat clients are supported with regular check-ins, relevant referrals and a follow-up consultation. The program is open to everyone. You do not need to be a Resthaven client or have a My Aged Care referral. The only requirement is a dementia diagnosis or clear evidence of memory loss/ cognitive decline.

‘The retreats are an excellent way to promote different services available to carers,’ Sarah says. ‘It also helps carers to see that their self-care is important too. Yes, the health and wellbeing of the person living with dementia is important, but it is not more important than the health and wellbeing of the carer. It should be equal.’

In 2026, retreats will be held in:

Hahndorf: 24-26 March

Riverland: 21-23 April

Hahndorf: 24-26 March

Barossa Valley: 23-25 June

Dates and locations are subject to change. For more information, and to book your place visit www.resthaven.asn.au/sahrsa/, phone **08 8198 2088** or email sahrsa@resthaven.asn.au

Join Resthaven’s Consumer Advisory Body

Are you a Resthaven client, or representative who wants to make a difference?

Resthaven’s Consumer Advisory Body (CAB) is your chance to share your voice, experiences and suggestions to help shape the care and services we provide in residential and community aged care.

By joining the CAB, you can:

- Contribute to service planning and improvement
- Provide feedback from a lived experience perspective
- Help to ensure that Resthaven continues to meet the needs of older people and their families

We welcome nominations from clients and their representatives.

To find out more or to nominate:

- Visit www.resthaven.asn.au/consumer-advisory-body/ or scan the QR code below
- Email: cab@resthaven.asn.au
- Call: **08 8373 9065**

Help us make a real difference — together.

Have Your Say





What is Assistive Technology?

Assistive technology is any device, system or design, that enables an individual to perform a task that they would otherwise be unable to do, or increase the ease and safety with which a task can be performed, or anything that assists individuals to carry-out daily activities.

Other common terms you may be familiar with include aids and equipment or home healthcare.

Assistive technology can include simple products such as those that assist you to open a jar or bottle, or turn a tap or open a door.

Complex technologies can include specialised computers, power-drive wheelchair controllers, home automation and environmental control systems.

They can also include environmental design and home modifications or a different technique or way of doing a task.

Information resources about accessing Assistive Technology are listed (right).

Resthaven Website Accessibility

An accessibility 'widget' has been added to the Resthaven website. This widget (pictured above) makes it easier for anyone to view and access information, how it best suits them.

Usage data shows that an average of 1,550 people use the 'widget' each month, with the 'Read Page' tool the most popular. This is followed by 'Bigger text' and 'Contrast'.

Assistive Technology Resources **Independent Living Centre of SA**

The Independent Living Centre of SA provides information and advice on disability-related aids and equipment.

59 Hampton Road, Keswick, 5035

Phone: 8346 3733

Beyond Blindness

516 Lower North East Road,
Campbelltown, 5074

Phone: 8367 6088

www.beyondblindness.org.au

See Differently with the Royal Society for the Blind

Phone: 1300 944 306

www.seedifferently.org.au

Guide Dogs SA.NT

Guide Dogs SA.NT has vision, hearing and sensory loss resources. People are able to view and trial a wide variety of assistive technology devices.

251 Morphett Street, Adelaide, SA 5000

Phone: 8203 8333

www.guidedogs.org.au

Brain Training

N	L	E	P	A	C	S	D	N	A	L	N	T	G
O	G	I	B	R	G	G	C	O	L	O	U	R	S
I	A	O	G	O	B	L	O	F	T	Y	C	A	F
U	R	T	N	H	T	R	R	O	N	S	H	A	M
L	D	S	C	A	T	A	I	E	N	R	A	T	S
S	E	E	R	T	L	E	N	S	G	D	N	H	M
U	N	R	U	V	A	L	N	I	K	U	G	U	O
N	V	O	E	I	C	E	T	I	C	R	I	N	M
S	V	F	A	B	I	A	R	I	N	S	N	D	I
H	R	R	U	R	G	V	E	M	V	G	G	E	S
I	M	R	T	A	A	E	O	U	R	A	V	R	T
N	N	E	U	N	M	S	R	A	I	N	T	R	Y
E	H	E	M	T	T	A	S	T	O	R	M	S	T
M	O	U	N	T	D	A	D	E	L	A	I	D	E

Autumn:

BRISK
LEAVES
VIBRANT
MOUNT
CHANGING
ADELAIDE
LIGHTENING
TREES
LOFTY
STORMS
COLOURS
MAGICAL
MISTY
LANDSCAPE
THUNDER
RAIN
AUTUMN
SUNSHINE
GARDEN
FOREST
BOTANIC

N	D	I	B	R	E	E	L	T	T	I	L	S	B
W	N	H	A	R	B	O	R	H	N	N	L	D	T
A	A	O	E	S	E	L	A	H	W	T	S	S	L
R	L	D	C	A	U	S	E	W	A	Y	A	C	I
D	S	O	U	T	H	E	R	N	I	T	I	I	P
E	I	L	U	S	E	M	I	T	I	R	A	M	E
S	I	C	E	E	S	P	L	A	N	A	D	E	N
R	S	O	I	A	M	A	L	V	A	I	N	W	G
O	A	C	R	S	H	C	E	I	T	N	R	M	U
H	B	K	U	I	C	M	O	C	U	R	G	M	I
N	A	L	E	D	A	A	U	T	T	T	W	R	N
L	Y	E	L	E	E	R	S	O	N	G	G	A	S
R	O	U	F	Y	B	T	W	R	I	G	H	T	L
A	G	R	A	N	I	T	E	T	I	E	I	A	W

Victor Harbor:

FLEURIEU
ESPLANADE
VICTOR
PENGUINS
LITTLE
RIGHT
BAY
WHALES
BEACH
GRANITE
CAUSEWAY
HARBOR
COCKLE
ISLAND
TRAIN
HORSE DRAWN
MARITIME
TRAM
SEASIDE
SOUTHERN

Answers on page 25

Seated Yoga Exercises

Yoga focusses on movement, breathing, and how your body is reacting to the exercise.

This creates a “moving meditation” that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, your confidence and relieve anxiety and depression. Remember to always stretch and warm up before exercising, and check with your GP before commencing any new routine. Try and do these exercises for 10 minutes a day.

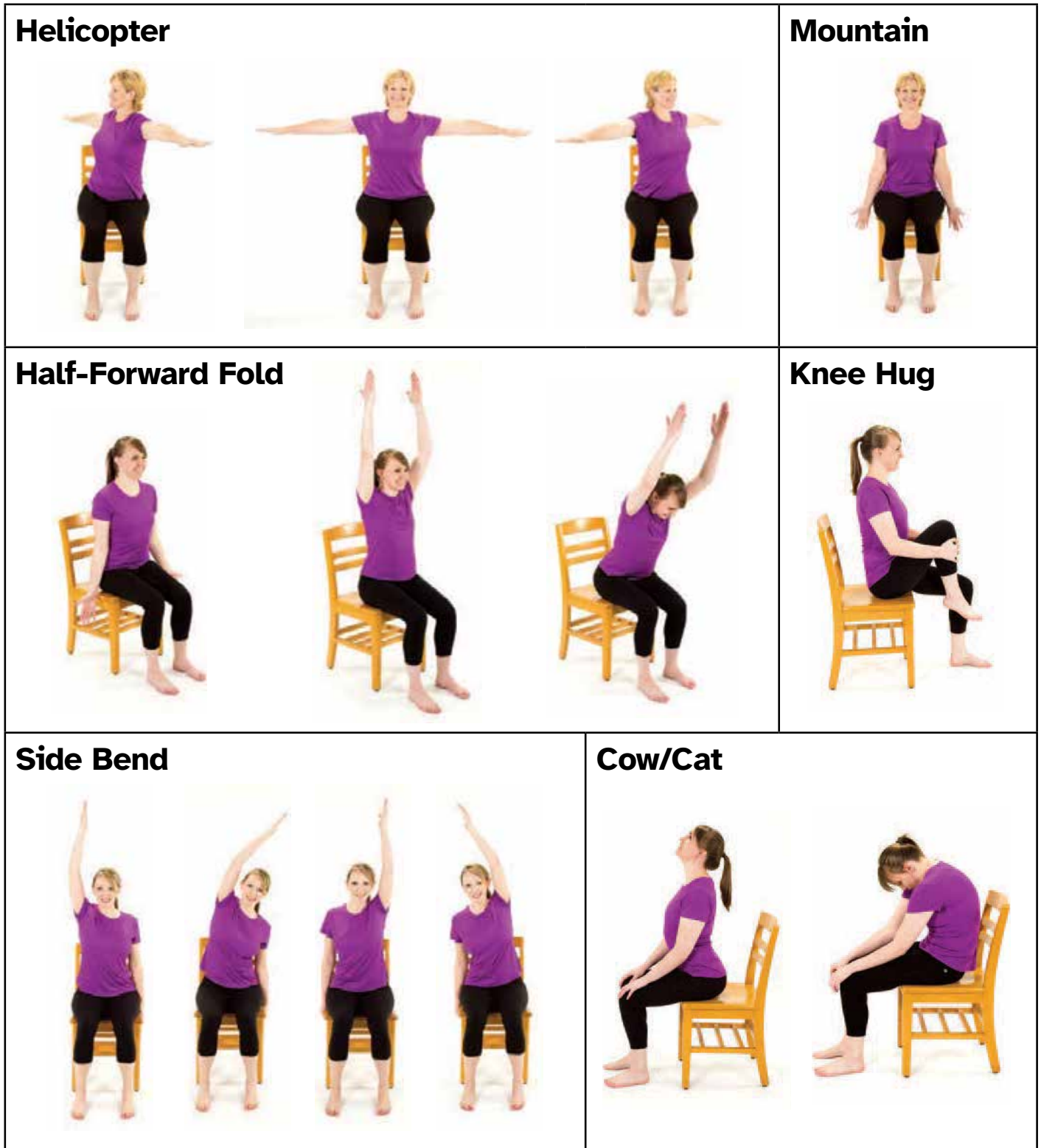


Image source: <https://www.uaex.uada.edu/life-skills-wellness/health/physical-activity-resources/chair-yoga.aspx>

What do you remember: Victor Harbor?



Victor Harbor once felt like a day trip away. Spending long weekends and school holidays in the beachside town was a tradition for many South Australian families.

Staying in the one of the many blocks of holiday flats, or caravanning and camping; suburbanites would visit the beach every day, had fish and chips for dinner every night (a major treat), trekked Granite island, fished off the breakwater, spotted penguins, and ate icecream carefully sliced from an AMSCOL brick.

Hours were spent at the playground or playing mini golf, with friends in other flats – often the same families every year.

There's a good reason that The Bluff and Granite Island are Victor's most prominent landmarks: both are made of super-hard granite, formed some 500 million years ago. For thousands of years, the Ramindjeri people hunted and gathered in the region they called 'Wirramulla'.

Among the local dreamtime stories, Kaiki (the Indigenous name for Granite Island) has tremendous spiritual significance, as does the southern right whale, told in the 'Kondoli' dreaming.

Town Name

The spelling of Victor Harbor, spelled without a *u* is a curiosity as harbour normally retains the 'u' in Australian English. This spelling is found in several geographical names in South Australia, including Outer Harbor or Blanche Harbor. The township of Victor Harbor was proclaimed in 1914 with the spelling 'Harbor'.

According to the State Library of South Australia, the lack of the 'u' is influenced by archaic English spelling.

Word Wheel

9 letter word: botanical

8 letter words: cobaltic, botanica, ablation, anabolic

7 letter words: botanic, catboat, coalbin, actinal, alation, botanic, cabotin, caliban, laotian

6 letter words: action, albino, albion, alnico, atonal, atonia, atonic, baltic, blanco, bonaci, bonita, canola, cantal, catalo, cation, catlin, citola, cobalt, coital, latina, latino, obtain, oilcan, talion, tincal

5 letter words: abaci, aboil, actin, alant, aloin, antic, bacon, banal, banco, baton, binal, biota, blain, bloat, cabal, cabin, canal, canto, coala, coati, cobia, cotan, lanai, latin, liana, linac, natal, notal, octal, octan, tabla, talon, tical, tolan, tonal

4 letter words: abac, acai, acta, alan, alba, alit, alto, anal, anil, anoa, anta, anti, baal, bacn, bail, bait, banc, bani, blat, boat, bola, bota, cain, calo, cant, ciao, clan, coal, coat, cola, inca, iota, laic, lain, lati, loan, loca, lota, nail, nala, naoi, nota, obia, taal, taco, tail, tain, tala, talc, tali, tola



Aussie Sayings

1. cold; 2. two shoes;
3. lizard drinking; 4. rider;
5. bush week; 6. spinner;
7. whip; 8. shark; 9. codswallop;
10. prawns; 11. paper bag;
12. Martha; 13. prawn; 14. twenty;
15. gate post; 16. say; 17. high;
18. hen's; 19. wet; 20. bell; 21. old;
22. bike; 23. apples; 24. happy.

RESTHAVEN SERVICES DIRECTORY

Retirement Living

Phone **08 8373 9131**

Retirement Apartments

Leabrook SA 5068
334 Kensington Road

On Statenborough
Coopers Ave, Leabrook SA 5068

Retirement Villages

Aberfoyle Park SA 5159

155 Hub Drive

Bellevue Heights SA 5050

47 Eve Road

Blackwood SA 5051

9 Brighton Parade

192 Main Road

21 Waite Street

Brighton SA 5048

4 Strathmore Terrace

Chiton SA 5211

2 Ocean Road

Elizabeth North SA 5113

32 Knighton Road

Elizabeth Vale SA 5112

43 Jarvis Road

Fulham SA 5024

511 Henley Beach Road

Fulham Gardens SA 5024

5 Leisure Court

Glynde SA 5070

10 Davis Road

Hillcrest SA 5086

136 Fosters Road

Kingswood SA 5062

23-27 Princes Road

Lower Mitcham SA 5062

75 Wattlebury Road

Malvern SA 5061

43 Marlborough Street

Marion SA 5043

12 Township Road

Melrose Park SA 5039

155 Edward Street

North Haven SA 5018

2 Falie Drive

840 Military Road

Paradise SA 5075

61 Silkes Road

Port Elliot SA 5212

52-54 North Terrace

Queenstown SA 5014

9 Old Port Road

Rostrevor SA 5073

205 St Bernards Road

Salisbury SA 5108

8 Bridge Street

Salisbury East SA 5109

12 Melville Road

Walkerville SA 5081

30 Fuller Street

45 Fuller Street

Wynn Vale SA 5127

12 Tauber Court

Residential Services

Phone **08 8373 9113**

Resthaven Aberfoyle Park

100 Hub Drive

Aberfoyle Park SA 5159

Phone **08 8115 1600**

Resthaven Bellevue Heights

47 Eve Road

Bellevue Heights SA 5050

Phone **08 8273 4400**

Resthaven Craigmore

200 Adams Road

Craigmore SA 5114

Phone **08 8288 4800**

Resthaven Leabrook

336 Kensington Road

Leabrook SA 5068

Phone **08 8139 6600**

Resthaven Malvern

43 Marlborough Street

Malvern SA 5061

Phone **08 8228 6300**

Resthaven Marion

10 Township Road

Marion SA 5043

Phone **08 8198 2000**

Resthaven Mitcham

17 Hill Street

Kingswood SA 5062

Phone **08 8378 8999**

Resthaven Mount Gambier

24 Elizabeth Street

Mount Gambier SA 5290

Phone **08 8726 3400**

Resthaven Murray Bridge

53 Swanport Road

Murray Bridge SA 5253

Phone **08 8532 9800**

Resthaven Paradise

61 Silkes Road

Paradise SA 5075

Phone **08 8154 8400**

Resthaven Port Elliot

3 Frederik Street

Port Elliot SA 5212

Phone **08 8574 5100**

Resthaven Westbourne Park

30 Sussex Terrace

Westbourne Park SA 5041

Phone **08 8228 6500**

For Residential Services
vacancy and respite
enquiries, please email:
[accommodation@
resthaven.asn.au](mailto:accommodation@resthaven.asn.au) or
call the Residential
Accommodation Enquiries
team on:

08 8373 9113

Community Services

Phone **1300 13 66 33**

Resthaven Community

Respite Services

31/12 Township Road

Marion SA 5043

6-8 Township Road, Marion

36 Sussex Tce, Westbourne Park

18 Halcyon Circuit, Aldinga Beach

61 Alexandra Ave, Toorak Gardens

Phone **08 8198 2060**

respite@resthaven.asn.au

Resthaven Fleurieu

Community Services

1 Loveday Street

Goolwa SA 5214

9 Rankine Street, Strathalbyn

U5/68 Victoria St, Victor Harbor

1-3 Newland St, Victor Harbor

Phone **08 8534 2650**

fleurieucs@resthaven.asn.au

Resthaven Limestone Coast

Community Services

13 Penola Road

Mt Gambier SA 5290

17 Gordon Street, Naracoorte

11 George Street, Millicent

10 Fitzgibbon Court, Mt Gambier

Phone **08 8726 9400**

limestonecs@resthaven.asn.au

Resthaven Marion

Community Services

43 Finniss Street

Marion SA 5043

Phone **08 8306 4400**

marioncs@resthaven.asn.au

Resthaven Murray Mallee

Hills Community Services

37 Swanport Road

Murray Bridge SA 5253

72 Princes Hwy, Littlehampton

Phone **08 8534 2600**

mbhcs@resthaven.asn.au

Resthaven Northern

Community Services

16 Gillingham Road

Elizabeth SA 5112

5 King Street, Gawler

Phone **08 8259 5600**

northerncs@resthaven.asn.au

Community Services

Resthaven Onkaparinga

Community Services

3-5 James Clark Road

Noarlunga Centre SA 5168

Phone **08 8307 3700**

onkcs@resthaven.asn.au

Resthaven Paradise &

Eastern Community Services

61 Silkes Road

Paradise SA 5075

255 Main North Rd, Sefton Park

Phone **08 8154 8444**

peccs@resthaven.asn.au

Resthaven Riverland

Community Services

7 Wilson Street

Berri SA 5343

Phone **08 8580 1400**

riverlandcs@resthaven.asn.au

Resthaven Western

Community Services

96 Woodville Road

Woodville SA 5011

Phone **08 8131 4700**

westerncs@resthaven.asn.au

Wellness Services

Resthaven Western

Wellness Centre

21 Davidson Avenue

Hendon SA 5014

Phone **08 8131 4770**

weswc@resthaven.asn.au

Respite for Carers

Community day and overnight
respite phone **08 8198 2060** or
for respite accommodation in
an aged care home phone
08 8373 9113.

Head Office

6 Bartley Crescent

Wayville SA 5034

PO Box 327, Unley SA 5061

Phone **08 8373 0211**

headoffice@resthaven.asn.au

Further Information

Please phone **08 8373 0211**

or visit the website:

www.resthaven.asn.au

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