

# Resthaven

## Home Support Services

Resthaven home support services are tailored to reflect your needs, choices and interests. We work together with you to offer both long and short term support.

We offer quality, professional services, either in the privacy of your own home, or out and about in your local community.

Services are delivered by our trained staff in a way that supports your choices and independence, respects your privacy and provides peace of mind.

Whether you are looking for a little help around the house, or just need some assistance until you are back on your feet, we can support you.

### Around the home

- Domestic assistance
- Advice about in-home equipment
- Personal care

### Transport

- Medical and hospital visits
- Shopping
- Social outings, family events and support
- Appointments

### Health and wellbeing

Benefit from joining an exercise group, or learn to manage chronic conditions, such as stroke, Parkinson's, heart health, diabetes, or arthritis.

Resthaven's qualified and registered allied health professionals can support your independence, providing services with a preventative, maintenance, or restorative focus.

### Exercise and Wellness Activities may include:

- Individual or group therapy
- Exercise classes, Tai Chi/Chi ball
- Water exercises (aquatherapy)
- Diet and nutritional advice

### Rehabilitation and Therapy may include:

- Occupational Therapy, Podiatry, Physiotherapy
- Day/overnight respite
- Medication management
- Nursing in-home
- Speech pathology
- Counselling and social work support

### How do I organise services with Resthaven?

Please call us on **(08) 8580 1400** to arrange a visit from our Community Services team.

We will work with you to tailor a program to meet your needs. This may include planning social outings and lifestyle programs.

### Can I get care immediately or do I have to wait for an assessment?

If you are over the age of 65 and want to apply for subsidised care through My Aged Care, our team can speak with you about the assessment process and work with you to help you apply.

**If you need care immediately, you may want to consider Resthaven *Lifestyle Choices Plus*. You don't have to wait for an assessment.**

This is a private service option, offering a range of support on a fee for service basis.

## Resthaven Riverland Community Services

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