Resthaven Community Respite Services provides small group day respite for carers in an enjoyable, comfortable, relaxed environment at Lane Cottages.

We support carers to take a break; take time for yourself to catch up with friends, run errands, relax, or do something you enjoy.

Have confidence that the person you care for is being well-supported by our team.

**Small Group Day Respite**

- Small group day respite for up to eight people is offered in a homely and secure environment
- Before and after service personal care support and transport to and from Lane Cottages can be arranged
- Activity and social programs focus on individual abilities and interests, so can change on a daily basis
- Hot meals or sandwiches, prepared fresh on site, are offered according to individual preferences on the day.

**Availability**

Respite at Lane Cottages is available for carers of frail older people with early stage dementia who live in the southern metropolitan regions of Adelaide.

**Opening Times**

Monday to Friday 9am–5pm

To apply, or for further information regarding Lane Cottages or other respite options, call

**Resthaven Community Respite Services**

**Phone:** 8198 2060

**Email:** respite@resthaven.asn.au

For general Community Services enquiries

**Phone:** 1300 13 66 33

**Visit:** www.resthaven.asn.au

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Disclaimer: Although funding for respite services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.