



Resthaven
Incorporated

Interpreter Services

Use of an appropriately qualified accredited interpreter can be arranged with the Translating and Interpreting Service of the Australian Government. Phone 131 450

Advocacy

Resthaven encourages people to nominate an advocate of their choice. This may be a family member, or an advocate may be accessed via the:
Aged Rights Advocacy Service
Phone 8232 5377

Contact details

For more information regarding Short Term Restorative Care, please call Resthaven Community Services on 8306 4400, or visit the website:
www.resthaven.asn.au

Short Term Restorative Care

Supporting older people to remain independent

Phone **8306 4400**



Short Term Restorative Care

Resthaven's Short Term Restorative Care (STRC) Program provides services over an eight week period to improve your wellbeing and independence.

The services aim to improve your ability to complete everyday tasks, and delay or avoid the need for long-term care.

Resthaven's Short Term Restorative Care service is available to people living in metropolitan Adelaide.

Services

Short Term Restorative Care is delivered by a team of health professionals, including your General Practitioner, to identify and treat any medical conditions.

Resthaven will work alongside you and your health team to support you to identify your goals and design your plan.

Support may include:

- Assessment/treatment by nursing and allied health professionals (individual therapy, home-based exercise, group exercise)
- Information about modifying home based tasks, equipment, nutrition, self-management of health conditions, remaining independent
- Support to build confidence and reconnect with your community
- Other services to meet your goals.

Eligibility and Referral

You may be eligible for Short Term Restorative Care services if you are an older person and you:

- are slowing down physically, or mentally, or both
- need help with everyday tasks
- want to stay independent, and out of long term care
- are not currently receiving a home care package or residential care.

To find out if you are eligible for Short Term Restorative Care services, you will need to call My Aged Care on 1800 200 422. Contact Resthaven if you would like us to assist you.

Short Term Restorative Care requires you to have an assessment by an Aged Care Assessment Team (ACAT). If you are eligible to receive Short Term Restorative Care, ask the ACAT to provide a referral to Resthaven.

Fees

A subsidy is paid directly to Resthaven by the Australian Government. The subsidy contributes to the total cost of your services and care delivery.

It is expected that you will contribute to the cost of your care.

Resthaven will discuss with you and agree any fees before you receive services.

Funded by the Australian Government Department of Health.

Disclaimer

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