

# Supporting you at home

## Welcome to Resthaven!

We understand maintaining independence in your own home is very important. There may be times you need to call on some help.

Resthaven's home care services provide assistance to keep you living independently and active in your own home. Our services are tailored to reflect your needs, choices and interests. We work together with you to deliver long or short term support.

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

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.

Our services include but are not limited to:

## Help at home

- o Domestic assistance
- o Advice about in-home equipment
- o Personal care
- o Food preparation
- o Medication management

## Transport

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

## Carer Respite and Support

- o Overnight in cottage style accommodation
- o Centre based in small groups
- o One to one in your own home

Support to arrange services and liaise with others involved in your care.

## 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.

In addition to group classes, Allied health and therapy may include:

- o Individualised services
- o Occupational Therapy, Podiatry, Physiotherapy
- o Nursing, including wound care
- o Speech pathology
- o Counselling and social work support

## How do I organise home support services?

Speak with your Retirement Living Coordinator to arrange a visit from our Community Services team or simply call us on 1300 136 633.

We will work with you to tailor a program to meet your needs.

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

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.

If you are over the age of 65\* and want to apply for Government subsidised care through My Aged Care, our team can help you apply for an assessment.

If you are a Veteran, Resthaven can assist you with Veterans' Home Care or Nursing.

\* Torres Strait Islander/Aboriginals need to be over 50 years of age

**Phone 1300 136 633 | [www.resthaven.asn.au](http://www.resthaven.asn.au) | Trust. Dignity. Choice**

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