



Resthaven
Incorporated



**You'll welcome the care
that Resthaven brings**

www.resthaven.asn.au

Resthaven ... a profile



Welcome Care

Every day, Resthaven shares the lives and wisdom of older people and their carers.

Proudly South Australian, Resthaven is one of the few providers to offer the full range of aged care services. These include retirement living, residential aged care, home care, wellness services and support for carers.

Resthaven was established in 1935 and is an aged care community service associated with the Uniting Church in Australia.

Resthaven is a financially independent, not for profit charity. Surpluses are generated to sustain our purpose:

Working together: outstanding care and support for older people and their carers.

Our workforce is carefully selected. Comprehensive orientation, induction, and ongoing training is provided.

Volunteers are integral to Resthaven services, providing an extra dimension of support.

You'll welcome the care that Resthaven brings.

Our Services

Resthaven supports around 15,000 older people each year.

Working together with you, individualised support is offered in your own home or retirement village, in groups, at one of our community wellness centres, in our residential aged care homes, respite cottages, or other settings.

- We work with you to support your independence and choice of services.
- We respect people's diverse backgrounds, and our staff are sensitive to each person's particular lifestyle needs. Interpreter services can be arranged on request.
- We monitor the care and clinical services you receive, to ensure it is of high quality and continues to meet your needs.

Fees

Resthaven believes that quality aged care should be accessible to all. Fees and charges vary depending on each person's individual circumstances. Some fees are set by government. All fees will be explained to you in detail prior to commencing a Resthaven service.

Where to start?

For government-subsidised in-home support services or residential aged care options, the first step is to contact My Aged Care directly on **1800 200 422** or visit www.myagedcare.gov.au.

If you prefer to choose your own services without a government assessment, or want additional services, Resthaven offers a user-pays service, provided in your own home. Called **Lifestyle Choices Plus**, you can choose private services or requests for a fee. For details, phone **1300 13 66 33**.

In-Home Care and Wellness Services

For information about Resthaven's in-home care and community-based wellness services and respite for carers, or to access services following a *My Aged Care* assessment, call **Resthaven Community Services** on **1300 13 66 33** or email community@resthaven.asn.au

Retirement Living

If you are looking to downsize to Resthaven retirement living accommodation call **8373 9131** to discuss options and arrange an inspection. Alternatively, email retirement@resthaven.asn.au

Residential Aged Care and Respite

Contact Resthaven's Residential Accommodation Enquiries team to discuss residential aged care or respite in an aged care home on **8373 9113** or email accommodation@resthaven.asn.au

Resthaven Services



In-Home Support

Resthaven Community Services support you to remain living independently in your home in the community for as long as possible.

Skilled, competent and understanding Resthaven staff provide a range of services in your own home, such as:

- Personal care (showering, hygiene, etc)
- Light cleaning (dusting, vacuuming), as well as home maintenance and garden services, aimed at keeping your home environment safe
- Meal preparation and laundry
- Full nursing and allied health services (including medication management and vision support)
- Accompaniment on outings (shopping, appointments) or shopping for you if required
- A fully tailored **Home Care Package** of support.

For more information about support in your own home, phone **1300 13 66 33** to be connected to your nearest Resthaven Community Services office (*see full list on back page*).

Community Services

Resthaven offers a range of wellness and allied health services and opportunities for social groups and outings through our Community Services in metropolitan Adelaide and regional areas.

Allied health services are affordable, and include physiotherapy, podiatry, exercise physiology, occupational therapy, speech pathology, social work and continence management.

Services are provided on both an individual and group basis.

Take advantage of education, peer support, and exercise groups that encourage and promote self-management of your specific health conditions.

Independence is encouraged for you to remain living at home, in charge of your own life, with support.

Social activities, tailored to individual interests, include centre-based programs, outings in the community, and connecting with family and friends.

For more information about Community Services, please phone **1300 13 66 33** to be connected to your nearest office (*see full list on back page*).

Respite Options

Community Respite

Resthaven supports people who look after family members to take a break, or 'respite' from their caring role, by offering planned respite options.

While you have a break, we take good care of your family member, through:

- In-home support, where a Home Support Worker visits you in your own home
- Small group outings, such as going out for lunch or a movie, or centre-based group activities
- Day respite
- Short term or overnight stays at one of Resthaven's 'respite' cottages.

Resthaven's respite cottages are located in the community, and provide a 'home-like' atmosphere.

All meals are provided, with round-the-clock support from experienced staff. Dementia-specific support is available.

For more information about community respite for family carers, please phone Resthaven Community Respite Services on **8198 2060** or **1300 13 66 33**.

Residential Respite

Resthaven offers the option of a short term respite stay, for a minimum of two weeks, at all residential aged care homes.

We discuss your needs and preferences with you and tailor our services to suit.

We provide 24 hour support, assistance with daily living activities, nursing and allied health services. Enjoy delicious meals cooked on site and participate in our lifestyle program if you choose.

You'll welcome the opportunity to sit or stroll in the pleasant gardens during your stay. All respite accommodation is fully furnished, and includes an ensuite and television.

For more information about a respite stay in a Resthaven residential aged care home, please phone **8373 9113**.

Retirement Living

Independent and wanting to downsize?

Retirement living at Resthaven offers independence with the peace of mind of having all building maintenance and gardening costs covered by a regular maintenance fee.

Retirement living options are available in units or apartments, on a 'licence to occupy' basis. Various options exist. Some rental options are also available (*see full retirement living location list on back page*).

Should you need additional support in your retirement home, this can be arranged through Resthaven Community Services.

Six Resthaven retirement villages are co-located with a residential aged care home, enabling a smooth transition if circumstances change and more support is needed.

For more information about Resthaven retirement living, phone **8373 9131**.

Residential Aged Care Homes

Resthaven operates twelve residential aged care homes (*see full location list on back page*).

All homes are accredited by the Australian Aged Care Quality and Safety Commission.

Services are tailored to individual needs. Accommodation options range from single rooms with an ensuite, to premium 'suites' with extra living areas (*not available at all sites*). Options are available for couples to share the same room.

People living with dementia are supported with speciality care in a tailored environment.

Residents, families and friends are welcome to enjoy the pleasant gardens, courtyards, and outdoor entertainment areas, as well as the lounge and dining areas.

A hairdressing salon, communal cafe area, and lifestyle program add to the vibrant site community.

Hospitality services include catering, cleaning and laundry.

Meals are cooked fresh on site in our well-equipped kitchens. Residents are consulted about menus, which are reviewed regularly in consultation with a dietitian.

Coordinating Chaplains provide regular worship services, and pastoral and spiritual support, for residents who choose this.

Support for residents may include:

- Extensive care planning in partnership with you
- Personal care, such as showering
- Managing medications
- Nursing and allied health services
- Tailored exercise programs
- Support for engaging in your choice of personal interests.

For more information about Resthaven residential aged care homes, please phone our Residential Accommodation Enquiries team on **8373 9113**.

Please note: In exceptional circumstances, such as during a public health concern, activities and visiting may be restricted.

Fee For Service Lifestyle Choices Plus

If you do not want to have a My Aged Care assessment, prefer to choose your own private services, or want additional services, Resthaven offers a user-pays service, Lifestyle Choices Plus.

You can choose additional private services or requests for a fee. To arrange this private extra support in your own home, please phone **1300 13 66 33**.

If you live in a Resthaven residential aged care home, extra support, such as our companion service, is available for a fee. Please speak with reception staff to arrange extra private support.





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LOCATIONS

Resthaven services extend throughout metropolitan Adelaide, the Adelaide Hills, Murraylands, Riverland, Fleurieu Peninsula, Gawler, lower Barossa, and the Limestone Coast.

KEY CONTACTS

Resthaven Community Services

1300 13 66 33

E: community@resthaven.asn.au

Resthaven Residential Services

(08) 8373 9113

E: accommodation@resthaven.asn.au

Resthaven Retirement Living

(08) 8373 9131

E: retirement@resthaven.asn.au

Resthaven Volunteer Services

(08) 8373 9036

E: volunteer@resthaven.asn.au

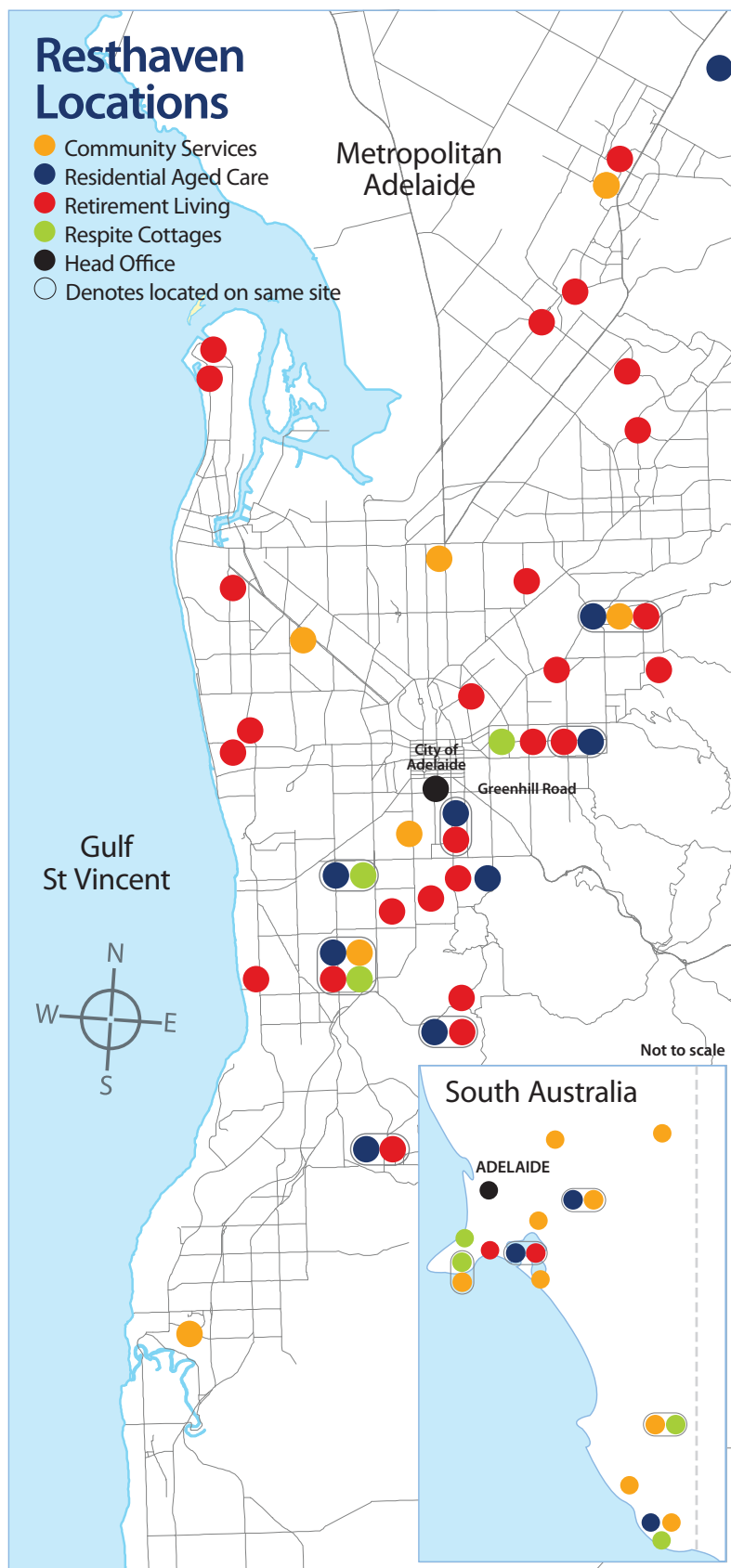
Resthaven Employment/Careers

E: careers@resthaven.asn.au

www.resthaven.asn.au

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

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 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 Failie Drive

840 Military Road

Paradise SA 5075

61 Silkes Road

Port Elliot SA 5212

52-54 North Terrace

Rostrevor SA 5073

205 St Bernards Road

Salisbury SA 5108

8 Bridge Street

Salisbury East SA 5109

12 Melville Road

Queenstown SA 5014

9 Old Port 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@](mailto:accommodation@resthaven.asn.au)

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 8574 5111**

fleurieucs@resthaven.asn.au

Resthaven Limestone Coast

Community Services

13 Penola Road

Mt Gambier SA 5290

17 Gordon Street, Naracoorte

11 George Street, Millicent

Phone **08 8726 9400**

limestonecs@resthaven.asn.au

Resthaven Marion

Community Services

43 Finnis Street

Marion SA 5043

131 Goodwood Rd, Goodwood

Phone **08 8306 4400**

marioncs@resthaven.asn.au

Resthaven Murray Mallee

Hills Community Services

37 Swanport Road

Murray Bridge SA 5253

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**

pecs@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

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

For more information about Resthaven's range of aged care services, phone **08 8373 0211** or visit the website:

www.resthaven.asn.au



Follow us on social media:

facebook.com/resthaven.sa

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x.com/#!/Resthaven_SA

youtube.com/user/ResthavenInc