



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 services for older people. 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:

Enriching the lives of older people.

We live our values of:

Trust, Dignity, Respect.

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 **Lifestyle Choices Plus**, a user-pays service, provided in your own home for a fee. For details about **Lifestyle Choices Plus**, phone **1300 13 66 33**.

In-Home Support 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 **08 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 **08 8373 9113** or email accommodation@resthaven.asn.au

Resthaven Services



In-Home Support

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

Skilled, competent and compassionate 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 tidy, comfortable and safe
- Meal preparation and laundry
- Full nursing and allied health services (including medication management)
- Accompaniment on outings (shopping, appointments) or shopping for you if required
- Fully tailored support.

For more information about how Resthaven Community Services can support you in your own home, phone **1300 13 66 33** (see full list of service locations on the back page).

Community Services

Resthaven offers a range of wellness, allied health, and social opportunities throughout metropolitan Adelaide and regional South Australia.

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

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 needs.

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

Remain living at home, in charge of your own life, with support from Resthaven. For more information, phone **1300 13 66 33**.

Respite Options

Community Respite

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

While you take a break to ensure that you stay well and healthy, we care for your family member in a safe, comfortable, inclusive environment.

Options include:

- Home-based support, where a Home Support Worker visits you in your own home
- Small group outings, such as a lunch or movie, group activities held at a Resthaven location
- Day respite at one of Resthaven's respite cottages
- Short term 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 around-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 **08 8198 2060** or **1300 13 66 33**.

Residential Respite

Resthaven offers short term respite stays (minimum of two weeks), at all of our twelve residential aged care homes (*list on back page*).

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 **08 8373 9113**.

Retirement Living

Independent and wanting to downsize?

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

Retirement living is available in units or apartments, on a 'licence to occupy' basis, including some rental options (*see full retirement living location list on back page*).

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

Six of the 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 customised to each individual. 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 offer regular worship services, and pastoral and spiritual support, for residents who choose this support or wish to participate.

Support available to residents at a Resthaven home may include:

- Extensive healthcare 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 **08 8373 9113**.

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.





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

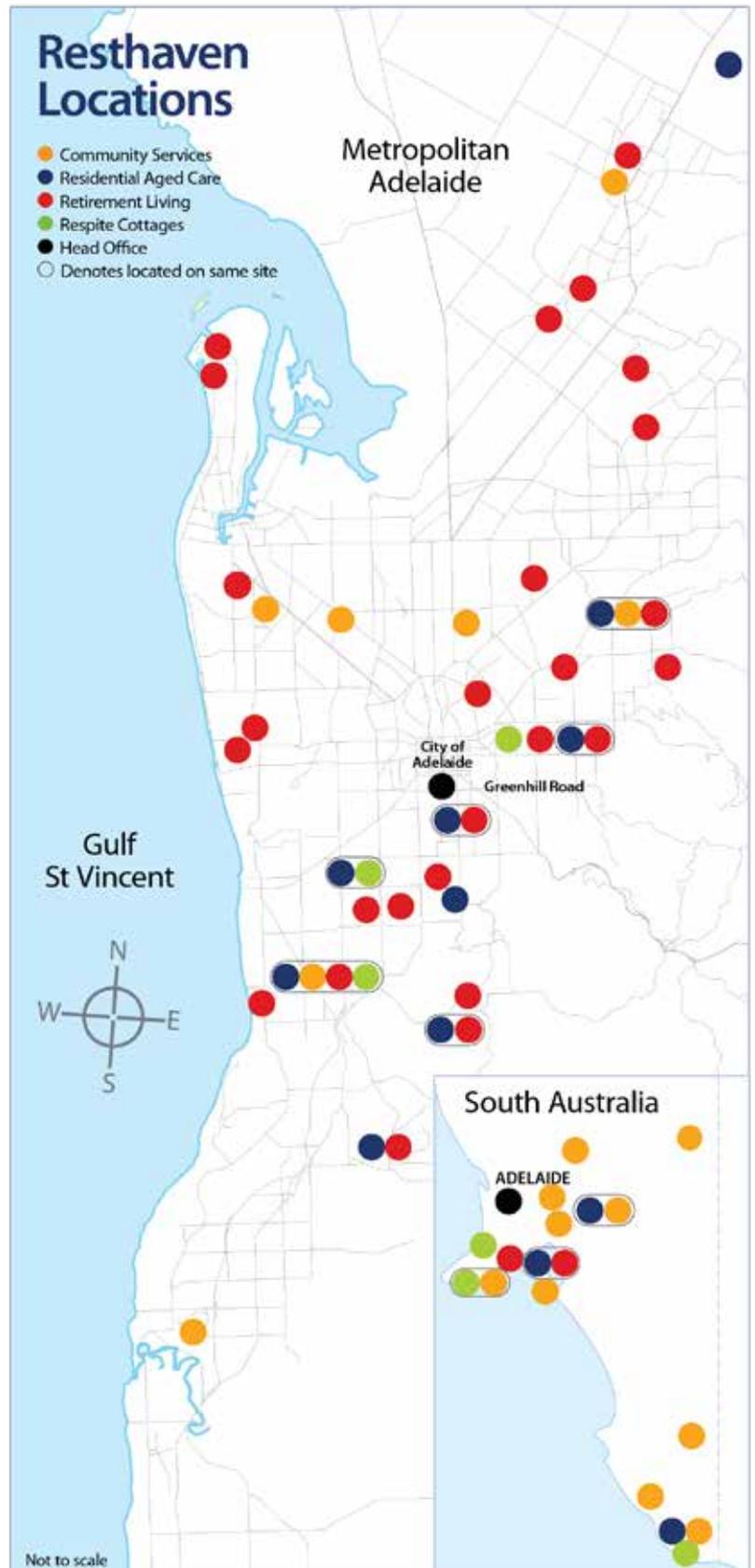
Resthaven Employment/Careers

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 their community.

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 Falie Drive

Paradise SA 5075
61 Silkes Road

Port Elliot SA 5212
52-54 North Terrace

Queenstown SA 5014
9 Old Port Road

Rostrevor SA 5073
205 St Bernards Road

Salisbury SA 5108
8 Bridge Street

Salisbury East SA 5109
12 Melville Road

Walkerville SA 5081
30 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@
resthaven.asn.au](mailto:accommodation@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 8534 2650**
fleurieucs@resthaven.asn.au

**Resthaven Limestone Coast
Community Services**
13 Penola Road
Mt Gambier SA 5290
17 Gordon Street, Naracoorte
11 George Street, Millicent
10 Fitzgibbon Court, Mt Gambier
Phone **08 8726 9400**
limestonecs@resthaven.asn.au

**Resthaven Marion
Community Services**
43 Finniss Street
Marion SA 5043
Phone **08 8306 4400**
marioncs@resthaven.asn.au

**Resthaven Murray Mallee
Hills Community Services**
37 Swanport Road
Murray Bridge SA 5253
72 Princes Hwy, Littlehampton
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**
northernncs@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

Wellness Services

**Resthaven Western
Wellness Centre**
21 Davidson Avenue
Hendon SA 5014
Phone **08 8131 4770**
weswc@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

Please phone **08 8373 0211**
or visit the website:



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facebook.com/resthaven.sa

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instagram.com/resthaveninc/

youtube.com/user/ResthavenInc