



Resthaven
Incorporated



Aged Care Services

Resthaven - a Profile

Who are we?

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

Proudly South Australian, Resthaven was established in 1935 and is a not-for-profit aged care community service associated with the Uniting Church.

Resthaven is one of fewer than 60 aged care providers in Australia that offer the full range of aged care service options.

We aim to support you to remain independent and active for as long as possible, whether you live in your own home in the community, in a Resthaven retirement village, or in a Resthaven residential aged care home.

Resthaven is a financially independent, not for profit charity. All surplus goes towards our purpose of benefiting our customers.

Our workforce is carefully selected. Comprehensive orientation, induction, and ongoing training and development is conducted. Volunteers support a range of activities.

Our services

Resthaven supports more than 10,000 older people.

- Support in your own home
- Retirement living apartments/units
- Short term breaks (respite) for carers (in home, centre-based, or in residential care)
- Support at our community wellness centres
- Residential aged care homes
- Fee-for-service options (Lifestyle Choices *Plus*).

Interpreter services can be arranged on request.

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 do I start?

To access retirement living:

If you are independent and looking to downsize to retirement living accommodation, call 8370 3756 to inspect and discuss options.

Retirement living suits people who are able to live alone with minimal support.

To access support in your own home, or residential aged care:

If you are seeking government-subsidised home support services or residential aged care, you will need to contact the government *My Aged Care* portal: Phone 1800 200 422 or visit www.myagedcare.gov.au.

Alternatively, contact Resthaven.

Resthaven can help

Resthaven can assist you to contact *My Aged Care*, and guide you through the process. Contact us on either of the phone numbers below to speak with our staff about your individual care needs.

Community Services 1300 13 66 33

E: community@resthaven.asn.au

Residential Services (08) 8373 9113

E: accommodation@resthaven.asn.au

Resthaven Agedcare Alternatives

For personalised, face to face information, you can phone Resthaven's free information service, Resthaven Agedcare Alternatives, on 8271 3888.

Helpful and informed volunteers will guide you through the *My Aged Care* process.



Resthaven Services



Support in your own home

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

Carefully selected and trained Resthaven staff can provide a range of services in your own home:

- Personal care (showering, hygiene, etc)
- Light cleaning (dusting, vacuuming) and home and garden services
- Meal preparation
- Full nursing and allied health services (including medication management and vision support)
- Accompaniment on outings (shopping, appointments)
- A fully tailored Home Care Package.

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



Absolutely fantastic organisation who go above and beyond to improve the lives of those in need of care in the most empathetic and respectful manner.



Google Review, April 2018

Independent retirement living

Still independent but want to downsize? Retirement living offers independence with the peace of mind of having all building maintenance costs and gardening covered by a fortnightly fee.

Independent retirement living options are available in units or apartments, on a 'licence to occupy' basis. See back page for a full list of retirement locations.

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

All Resthaven retirement living is co-located with a Resthaven residential aged care home, enabling a smooth move if circumstances change and more support is needed.

For more information about Resthaven retirement living, phone 8370 3756.



Respite options

Community respite

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

- 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
- 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 with all meals provided and round-the-clock support by experienced staff. Dementia-specific support is available.

For more information about community respite for family carers, phone Resthaven Community Respite Services on 8358 3173.

Residential respite

Resthaven offers short term, temporary stays in all of our residential aged care homes.

We provide 24 hour support, including nursing services, assistance with daily living needs, a lifestyle program incorporating a variety of activities, and delicious meals cooked on site. Individual needs and preferences are catered for. All respite rooms are fully furnished, including an ensuite, television and phone (if requested).

For more information about a short term respite stay in a Resthaven residential care home, phone 8373 9113.

Community Wellness Centres

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

Allied health services are affordable, and include physiotherapy, occupational therapy, podiatry, speech pathology 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. Remain living at home, and in charge of your own life, with support.

For more information about Resthaven Community services, phone 1300 13 66 33 to be connected to your nearest location (full list on back page).

Residential aged care homes

Resthaven operates 12 residential aged care homes (full list of locations on back page).

All homes are fully accredited with the Australian Aged Care Quality Agency.

When living in a Resthaven home, you will be supported with:

- Personal care requirements (showering, dressing)
- Managing medications
- Extensive care planning
- Nursing (continence support, skin care, nutrition and health)
- Exercise programs
- Engaging in your choice of personal interests
- Home cooked meals.

All residential homes support people living with dementia in a safe and secure environment.

Accommodation options range from single rooms with ensuite to premium 'suites' with extra living areas (not available at all sites).

Options are available for couples to share the same room.

Pleasant gardens, courtyards, and outdoor entertainment areas are available for residents, family and friends to enjoy. Other features include a hairdressing salon, internet cafe, lounges and dining areas. Hospitality services include catering, cleaning and laundry.

Daily meals are cooked fresh on site in well equipped kitchens. Menus are reviewed regularly in consultation with residents and a dietitian. Individual preferences are catered for.

Coordinating Chaplains provide regular worship services and pastoral and spiritual support.

For more information about Resthaven residential aged care homes, phone 8373 9113.

'Fee-for-service' options: Lifestyle Choices Plus

For those who prefer to choose their own services, or have access to additional services, Resthaven offers a user-pays service called 'Lifestyle Choices Plus.' This gives you the option to negotiate services or requests for an additional cost.

Resthaven Lifestyle Choices Plus services are available in your own home, or your Resthaven residential aged care home.

For more information about Resthaven Lifestyle Choices Plus, phone 1300 13 66 33 for community support. If you live in a Resthaven aged care home, speak with the friendly staff at reception.



Trust. Dignity. Choice.

Locations

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

Key Phone Numbers

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) 8370 3756

E: retirement@resthaven.asn.au

Resthaven Volunteer Services
(08) 8373 9036

E: volunteer@resthaven.asn.au

Resthaven Employment/Careers

E: careers@resthaven.asn.au



Statement of Purpose

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

Resthaven is a richly diverse, South Australian community, founded on the principles of unity and inclusion, embracing and respecting each person's beliefs, culture, language, background, lifestyle, life experience and values.



Resthaven Services Directory

Head Office

PO Box 327, Unley SA 5061
6 Bartley Crescent
Wayville SA 5034
Telephone (08) 8373 0211
E: headoffice@resthaven.asn.au

Retirement Living

Bellevue Heights

47 Eve Road, Bellevue Heights SA 5050
Telephone (08) 8370 3756

Leabrook

334 Kensington Road, Leabrook SA 5068
Telephone (08) 8370 3756

Malvern

43 Marlborough Street, Malvern SA 5061
Telephone (08) 8370 3756

Marion

12 Township Road, Marion SA 5043
Telephone (08) 8370 3756

Paradise

61 Silkes Road, Paradise SA 5075
Telephone (08) 8370 3756

Port Elliot

54 North Terrace, Port Elliot SA 5212
Telephone (08) 8370 3756

Emailretirement@resthaven.asn.au

Further Information

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

www.resthaven.asn.au
www.myagedcare.gov.au

Agedcare Alternatives

Free aged care information service

1/445 Fullarton Road,
Highgate SA 5063
Telephone (08) 8271 3888

Email info@agedcarealternatives.net.au
www.agedcarealternatives.net.au



Find us on Facebook:
www.facebook.com/resthaven.sa



Follow us on Twitter: twitter.com/#!/Resthaven_SA



Watch us on YouTube:
www.youtube.com/user/ResthavenInc

Community Services

Resthaven Community Respite Services

31/12 Township Road, Marion SA 5043
6-8 Township Road, Marion SA 5043
36 Sussex Tce, Westbourne Park SA 5041
Truro Avenue, Kingswood SA 5062
Telephone (08) 8358 3173

Resthaven Limestone Coast Community Services

17 Gordon Street, Naracoorte SA 5271
Unit 913 Pavy Drive, Naracoorte SA 5271
1/6 Davenport Street, Millicent SA 5280
15b James Street, Mount Gambier 5290
Telephone (08) 8762 4389

Resthaven Marion Community Services

43 Finniss Street, Marion SA 5043
Telephone (08) 8296 4042

Resthaven Murray Bridge, Hills & Fleurieu Community Services

88 Adelaide Road, Murray Bridge SA 5253
67 Adelaide Road, Murray Bridge SA 5253
9 Rankine Street, Strathalbyn SA 5255
50 North Terrace, Port Elliot SA 5212
Telephone (08) 8531 2989

Resthaven Northern Community Services

16 Gillingham Road, Elizabeth SA 5112
Telephone (08) 8252 6811

Resthaven Onkaparinga Community Services

Office 201, Commonwealth House,
Beach Road, Noarlunga Centre SA 5168
Telephone (08) 8326 3444

Resthaven Paradise & Eastern Community Services

61 Silkes Road, Paradise SA 5075
111 Hampstead Rd, Manningham SA 5086
Telephone (08) 8337 4371

Resthaven Riverland Community Services

60 East Terrace, Loxton SA 5333
Telephone (08) 8584 5866

Resthaven Western Community Services

96 Woodville Road, Woodville SA 5011
111 Regency Road, Croydon Park SA 5008
Telephone (08) 8345 0577

Email community@resthaven.asn.au
Phone 1300 13 66 33

Residential Services

Resthaven Aberfoyle Park

100 Hub Drive, Aberfoyle Park SA 5159
Telephone (08) 8115 1600

Resthaven Bellevue Heights

47 Eve Road, Bellevue Heights SA 5050
Telephone (08) 8278 8588

Resthaven Craigmore

200 Adams Road, Craigmore SA 5114
Telephone (08) 8254 4008

Resthaven Leabrook

336 Kensington Road, Leabrook SA 5068
Telephone (08) 8332 4333

Resthaven Malvern

43 Marlborough Street, Malvern SA 5061
Telephone (08) 8272 0222

Resthaven Marion

10 Township Road, Marion SA 5043
Telephone (08) 8296 7555

Resthaven Mitcham

17 Hill Street, Kingswood SA 5062
Telephone (08) 8378 8999

Resthaven Mount Gambier

24 Elizabeth St, Mount Gambier SA 5290
Telephone (08) 8723 0911

Resthaven Murray Bridge

53 Swanport Road, Murray Bridge SA 5253
Telephone (08) 8532 1969

Resthaven Paradise

61 Silkes Road, Paradise SA 5075
Telephone (08) 8336 5444

Resthaven Port Elliot

3 Frederik Street, Port Elliot SA 5212
Telephone (08) 8554 2000

Resthaven Westbourne Park

30 Sussex Tce, Westbourne Park SA 5041
Telephone (08) 8271 3300

For all enquiries regarding accommodation vacancies, email: accommodation@resthaven.asn.au or phone **8373 9113**.

Visit our website:
www.resthaven.asn.au