



Resthaven
Incorporated

Quality Aged Care Services

Your Life • Your Lifestyle • Your Choice

Want support at home?

From social support, personal care, health, wellbeing, dementia support, Resthaven's Community Services work together with you to provide in-home assistance to help you stay living at home.

Services are delivered by trained staff in a way that supports your choices and independence, respects your privacy, and provides peace of mind.

How do I arrange Resthaven services?

Your Eureka Village Manager can arrange a visit by the local Resthaven team on your behalf.

The Resthaven coordinator will be at Eureka Villages regularly and will work with you to tailor a program to meet your needs.

This may include planning social outings, lifestyle programs, and support to access Government subsidised programs through 'My Aged Care'.



Proudly
partnering
with Eureka



Could you use some respite?

The support we offer is flexible. Choose from day or overnight community respite, either at home or at one of our respite cottages. Respite is also available at all Resthaven residential aged care homes.

Need support to stay healthy?

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.

Rehabilitation and Therapy may include:

- Occupational therapy
- Nursing
- Physiotherapy
- Speech pathology
- Formal counselling and social work

Exercise and Wellness Activities may include:

- Individual or group therapy
- Exercise classes, Tai Chi/Chi ball
- Water exercises (aquatherapy)
- Nutritional advice
- Self-management of chronic conditions, such as Parkinson's, stroke or pulmonary conditions, arthritis and diabetes.

With more than 80
years experience,
we know aged care

Call 1300 13 66 33

Trust • Dignity • Choice



www.resthaven.asn.au