



# Respite





Life Care Active  
Life Care at Home  
Respite  
Independent Living  
Residential Living

1800 555 990  
www.lifecare.org.au



# Respite

## Starting the Conversation

As we grow older, it can be hard to start the conversation about what your family's changing needs are. It can be a difficult conversation, but it doesn't have to be.

It's something we all need to talk about, but often we are afraid to. We don't know the right questions to ask or where to find the correct information.

We are often unsure of the options available and are worried about how it will impact on our loved ones.

We encourage you to talk to Life Care.

We will listen to your questions, ask about your, or your family's needs and provide some options and solutions that will help with your decision making.

Life Care understands this can be a challenging time as you navigate your way through a whole range of options.

We understand what you are going through, the questions you may have and the decisions you might need to make. We have the experience, the knowledge, the service options and the flexibility to help ensure that the process for you and your family is a positive one.

We know the value of Respite and we are keen to work through the options to ensure you get the support you need.

At Life Care, Respite is about providing quality care on a temporary basis to carers, allowing them to have a much-needed break from their day-to-day commitments.

Life Care is committed to providing support to those people who are caring for others in the community. We recognise how important carers are, and that they often need as much support as person they are caring for.

We can provide Respite for various lengths of time, from a couple of hours or an overnight stay, right through to a couple of months. Our Respite program offers a range of activities, outings, social groups and support. These temporary breaks have a very positive effect on both the physical and emotional well being of the person in Respite, as well as the carer.

These Respite options are available either in your own home, at one of our Residential Living homes or at our dedicated Respite home at Everard Park, called Norman House.

## Respite at Your Place

If you need a few hours Respite in your own home to allow a family carer to attend a social event, do the weekly shopping or attend an appointment, we can help through our Life Care at Home service.

A dedicated Advisor will work closely with you and your family to understand what is required and work out a tailored Respite program that suits your needs.

## Out & About Club

Caring for people, including frail aged or those with dementia, is most often a labour of love, but one that comes with major commitments and even burdens. It is important for these carers and their loved ones to have a break and spend enjoyable time together out of their regular environment.

The Out & About Club provides a regular weekly get-together with interactive and personally directed activities with other like minded group members. The Out & About Club runs from Life Care's excellent facility at Old Reynella and Aldinga Beach by highly trained staff and volunteers.

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## Side by Side Program

Side by Side is a program specifically designed for people with younger onset dementia (those with dementia under the age of 65). The program is based at our dedicated Respite home at Everard Park, Norman House.

Participants spend a day working alongside a 'buddy' in organisations that like Life Care, are committed to supporting this group, who face specific day-to-day challenges in their own community.

The focus is to engage with individuals with younger onset dementia so that they can regain skills and confidence while taking part in meaningful activities and interacting with others. It also gives their families some much needed Respite.

## Respite at Our Place

Life Care offers day, overnight or short-term Respite.

It means people can stay for a few hours or a few days while their carers take a short holiday, catch up with family, or simply run errands.

Day and Overnight Respite is offered at our dedicated Respite home at Everard Park, Norman House. This is a beautifully restored home that accommodates 4 people overnight and up to 12 people during the day. This 'home' style Respite provides a caring, welcoming and personal environment for everyone who stays there.

Norman House half-day or day programs include a range of activities including on-site and pre-arranged outings.

All carers who access our day and overnight programs may also choose to join in a range of carer support programs including information sessions, social groups and outings.

Short-term Respite is available at all Life Care's Residential Living homes located in Aldinga Beach, Glen Osmond, Everard Park, Old Reynella and Joslin.

Respite at our Residential Living homes is available to support people whatever their level of needs are and is generally booked in week blocks. You may be entitled to stay up to 63 days in a year.

Respite residents have access to all of the facilities and services of Residential Living and in some instances, this provides a good opportunity for people to experience care in a residential setting before taking up a permanent position.

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## Respite Locations

### **Aldinga Beach Court**

6 Pridham Boulevard  
Aldinga Beach

### **Glenrose Court**

550 Portrush Road  
Glen Osmond

### **Norman House**

28 Norman Terrace  
Everard Park

### **Parkrose Village**

34 Norman Terrace  
Everard Park

### **Reynella Village**

7 Railway Terrace  
Old Reynella

### **Roselin Court**

251 Payneham Road  
Joslin

## Pricing

The cost of Respite, either in your home or with us, will depend on what type of services you need.

Some services are partly funded by the National Respite Carer's Program. Please call us and we will explain all of the options available.

## Frequently Asked Questions

We understand that you may have a lot of questions about what Respite services are available and we are very happy to answer any questions you may have, but here are some questions that we are often asked, which might help.

### **Q: How do I book Respite?**

A: There is high demand for Respite so advanced booking is advised. If you are looking for Residential Living Respite you will require an assessment by the Aged Care Assessment Team (ACAT), see below – what is an ACAT. This can be arranged by a family member or your Doctor. Please contact us for further information and we will talk you through what is required and who may need to be contacted. If you require day, overnight or short-term Respite please call our Enquiry Team and they will assist you.

### **Q: What is an ACAT?**

A: The Aged Care Assessment Team (ACAT) assesses and approves people for entry into aged care homes which are funded by the Government. The ACAT assessor determines what level of care you require.

Anyone can apply for an assessment and there is no charge. A member of ACAT will visit and discuss your health, mobility and social needs. Our Enquiry Team can help coordinate and facilitate this visit.

### **Q: What happens if I have dementia?**

A: All our Respite options are available for people with dementia and our services will be tailored to meet your individual needs.

## The Next Step

We understand that you may have many questions before making a decision. We're here to help and are happy to talk about all your options and the next step.

Call our Enquiry Team on **1800 555 990** or send us an email to [enquire@lifecare.org.au](mailto:enquire@lifecare.org.au) and start the conversation with us.