

Helping Hand Aged Care is a leading aged care provider that is known for an innovative range of services, including ageing in place.

Our caring staff ensure all residents receive individualised care and services to make living at Helping Hand a positive lifestyle choice.



**Parafield Gardens Residential**

437 Salisbury Highway  
Parafield Gardens SA 5107

**Telephone** (08) 8258 2199

**Facsimilie** (08) 8283 0591

**For enquiries or further information please contact the Admissions Coordinator**

**1300 653 600**

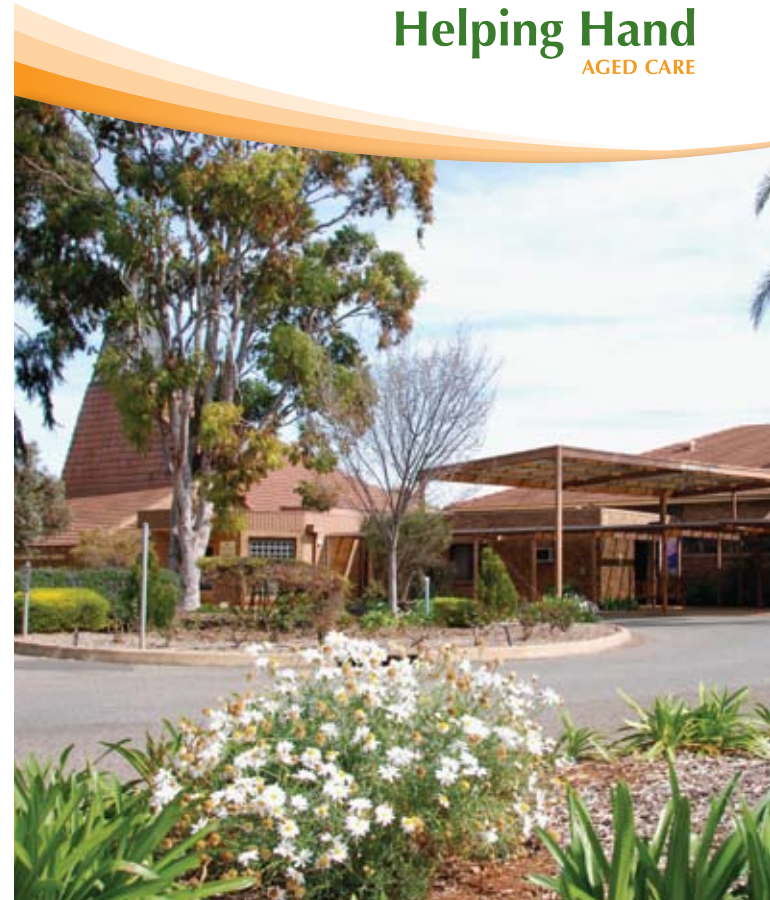
[www.helpinghand.org.au](http://www.helpinghand.org.au)

Entry into Helping Hand Aged Care requires approval by the Commonwealth Aged Care Assessment Team (ACAT).

For further details on gaining an ACAT assessment, please contact Commonwealth Carelink on 1800 052 222 or speak to your GP.



**Helping Hand**  
AGED CARE



**PARAFIELD  
GARDENS  
RESIDENTIAL**

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## A Tradition of Service

Helping Hand Aged Care has been providing high quality aged care services since 1953.

Opened in 1985, the Parafield Gardens residential site caters for 100 residents, providing both high and low care needs as well as a Dementia Specific Secure unit.

Helping Hand's Parafield Gardens site has a real community atmosphere.

With close links to the local high school as well as local communities, there is a tradition of intergenerational interaction through many interesting activities. The site has won numerous national awards - all recognising the sense of community generated at this site.

## Dementia Specific Secure Unit

Helping Hand Aged Care Parafield Gardens caters for both high and low care dementia residents. Our secure unit offers residents special support and activities, ensuring residents receive the best care possible.

## Residential Services

At Helping Hand Aged Care we encourage independence in maintaining daily living skills, however as increased help is required, our staff will tailor services specific to your needs.

### Healthy ageing is supported by:

- 🍌 24 hour nursing and personal care
- 🍌 Assistance with personal hygiene
- 🍌 Medical practitioner of your own choice
- 🍌 Therapy services including: Podiatry, Physiotherapy and Occupational Therapy
- Note - These services will depend on the individual's assessed needs.*
- 🍌 Laundry and linen services
- 🍌 Room cleaning



## Making a difference

At Helping Hand Aged Care your happiness and wellbeing is paramount to us. We encourage residents to furnish their room with personal effects and furniture from their previous home to ensure comfort and familiarity with their environment.

The Garden Café and landscaped gardens provide residents with a place they can catch up with family and friends. There is also a trading table located near the Café which is stocked with a variety of interesting items.

We also provide a number of services to make living at Helping Hand a lifestyle choice.

### Other services provided include:

- 🍌 Home cooked meals - prepared on site by Helping Hand's own chef
- 🍌 Hairdresser on site
- 🍌 Library and internet
- 🍌 The Garden Café
- 🍌 Variety of lifestyle programs (social/leisure activities)
- 🍌 Family friendly environment
- 🍌 Interdenominational church services
- 🍌 Communal pets
- 🍌 Singing groups and Community Craft Club
- 🍌 Happy hour and social networks