

**Helping Hand Mawson Lakes is part of the wider Helping Hand organisation and provides high quality accommodation and services to the aged.**

On this site, there is accommodation for 98 residents, including 86 permanent and 6 respite with provisions for those needing high and low level care.

All accommodation is subject to an assessment of the needs and approval by a Commonwealth Aged Care Assessment Team (ACAT).



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

**1300 653 600**

54 Buxton Street,  
North Adelaide SA 5006

[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

An agency of the Uniting Church in Australia



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**MAWSON LAKES  
RESIDENTIAL**

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## Residential Respite

Six rooms are reserved for short-term respite care. This enables families to have a break from their daily caring responsibilities.

All respite applications must be approved by the Commonwealth Aged Care Assessment Team and it is advisable to book well ahead.

For further respite information, contact the Admissions Coordinator on **1300 653 600**.



## Residential Services

Independence is encouraged in maintaining daily living skills.

### Services may include:

- 24 hour nursing care
- Showering and dressing
- Therapy services including: Physiotherapy, Podiatry, Occupational Therapy and Dietician
- Supervision of medication  
*Note - These services will depend on the individual's assessed needs.*

### Other Services:

- Provision of all meals
- Laundry and linen services
- Room cleaning
- 24 hour emergency call system
- Social Activities
- Hairdresser on-site
- Interdenominational Church Services
- Access to local shopping centre

## Lifestyle Services

A broad range of individual activities are offered for your enjoyment.

These activities include wheelchair walks, reminiscence groups, Easy Moves for Active Ageing, cooking and cultural days, quizzes, table games, social entertainment (sing-a-longs, concerts, big-screen movies and special event celebrations).

Personal development and lifestyle opportunities are also offered, including art and craft, community visitors scheme, volunteer program and intergenerational events. Spiritual activities include weekly services, pastoral visits and fellowship group.

## The Cafe

Provides a welcoming place to share light refreshments or coffee with friends and family.

