

Carer Services

Respite and Carer Support

Respite services provide people with a break, which benefits both the carer and the person they care for. Through State and Commonwealth Government funding, Helping Hand aims to provide tailored, flexible respite options to people caring for a friend or family member in the home environment. Day services offer flexible respite, while overnight respite gives carers the ability to sleep undisturbed, recover from surgery or even take a short trip for up to four nights.

Helping Hand is recognised for specialising in services for people with dementia. Our respite support is provided by trained and professional care workers who facilitate meaningful and stimulating activities for people with memory loss across all of our respite services.

What support may be offered?

In-home respite

One-on-one service where a trained staff member will look after the person being cared for, giving them professional care within their own home.

Community respite

The person being cared for is taken on an outing in the community. Our trained staff will coordinate the activity with either one-on-one support or in a small group. A strong focus is placed on developing activities for those with memory loss.

Community Respite Houses

The person will be cared for in a larger group environment. This is offered at one of our Community Respite Houses – Joy's Retreat (Woodville) or Styles House (Elizabeth South).

The person being cared for can stay for day respite, or up to four nights in overnight care.

Am I eligible to use the services?

These services are suitable if you are a carer caring for someone who is over the age of 65 years or over the age of 50 if they are indigenous. We offer respite and carer support services in different areas of Adelaide and rural South Australia, please contact us for more details of what is available in your area.

What does it cost?

Different fees apply for the various respite services. If you would like additional respite services beyond those that you are eligible for, then you are able to purchase these services on a fee-for-service basis.

Please note that you will not be denied service based on an inability to pay the fees. If you wish to apply for a fee reduction, please ask us for further information regarding our fee reduction process.

Contact details

If you would like more information, please contact our community services team:

Phone: 1300 444 663

Metro team email: MetroCommunityAdmin@helpinghand.org.au

Rural team email: CCCHubAdministration@helpinghand.org.au

Joy's Retreat
38 Aberfeldy Avenue, Woodville SA 5011

Styles House
16 Tregenza Avenue, Elizabeth South SA 5113

