

Your life, your way

Introducing Elevate by Helping Hand

Elevate by Helping Hand offers you the freedom to live life your way. Residents of Helping Hand's care homes can use Elevate to enhance their day to day experiences through private services, which we can tailor to meet your passions and interests.



Dining

We are proud to present a fine selection of dining experiences, offering residents an array of opportunities to come together with family and friends to share beautiful food. Whether you have a hosted dinner party, a picnic or BBQ in the grounds of the home, or even high tea, our staff are only too happy to accommodate and work with you and your family to make the experience memorable.



Health and Wellbeing

Mood, mobility, strength and socialisation is vital in maintaining the health and wellbeing of our residents. One of many programs available is *Brain and Body Boost*, a specialised program tailored to meet the health needs of our residents. Fully qualified Exercise Physiologists design a program specifically suited to the individual, aiming to assist in restoring optimal physical function, health and wellness.



Companionship

We know that sometimes it may be difficult to do the things you used to without assistance. Our friendly, professional staff are on hand to step in and ensure you don't miss out on what you love. Whether you would like to visit the local shops, go to the beach and have an ice cream, attend a family wedding or party, or have something else in mind, we will make sure your safety and enjoyment is paramount.



Event Experiences

Residents can enjoy the experience of an evening out at a restaurant, without having to leave their home. With family and friends welcome, the experience includes individual table service, with a wonderful selection of meal and alcohol choices. Each home has their own unique offering, for example *Bistro on Buxton* at North Adelaide, and *Gilly's Bistro* at Lightsview. We look forward to seeing you there.

For more information on Elevate by Helping Hand, contact us:
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