



Introducing the Helping Hand Way

Putting client choice first is at the core of our service ethos.

We achieve this by being:

Connected

We believe an active and engaged community of clients, staff and volunteers offers a welcoming community that is built together.

Personalised

We believe that excellence in care means we deliver our services to suit the needs of the individual.

Considerate

We believe keeping everyone's feelings in mind and understanding their circumstances, will result in better service.

Caring

We believe caring for clients and their choices demonstrates the compassion and respect they deserve.

Helping Hand has been supporting older South Australians and their families since 1953.

Our values of compassion, respect, excellence and community are reflected in everything we do.

As your preferred service provider, Helping Hand can support you with expert advice and guide you through the process of accessing Government funded services for:

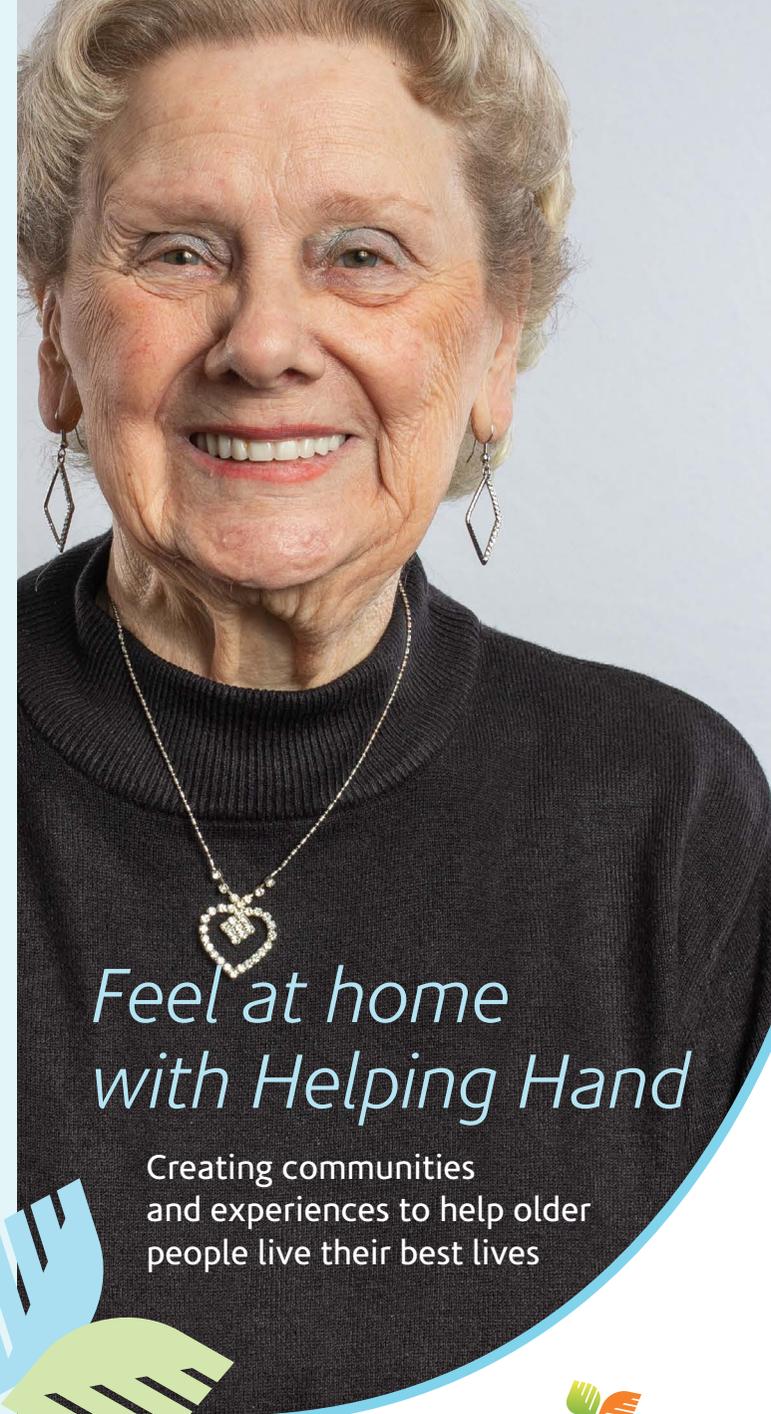
- help at home
- respite for carers
- admission into one of our residential care homes.

Contact us today

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North Adelaide 5006

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Feel at home with Helping Hand

Creating communities and experiences to help older people live their best lives

Information in this publication is correct at date of publication (March 2021).





Help at home

We help people feel at home across metropolitan Adelaide and regional South Australia. Our friendly and respectful care workers will help keep you safe, healthy and independent in your own home for as long as possible.

Our Home Care services are available seven days a week and include:

- domestic assistance
- gardening & home maintenance
- personal care
- social support
- transport.

Health and wellbeing

Our qualified allied health professionals can help you in your home, or in a community setting. It's all about choice.

Our health and wellbeing services include:

- podiatry
 - physiotherapy
 - occupational therapy
 - dietetics
 - speech pathology
 - exercise physiology
 - social work.
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Community nursing

Our fully trained and dedicated community nurses will provide health and wellbeing support in your home, including:

- nursing assessments and care plans
- medication supervision and management
- wound care management
- continence management.

Respite for carers

Our respite options give carers a break to go to appointments, attend social events or even take a holiday.

We offer a range of flexible respite options:

- respite in your own home
- centre based day groups (metro Adelaide only)
- full day and overnight respite (metro Adelaide only).

Long term respite is available at all our residential care homes. Guests will have a private room with ensuite and can enjoy the amenities of the home throughout their stay.



Residential care

Our fully accredited homes offer permanent care, respite and specialist memory support services.

Every home has its own unique 'personality' and a welcoming, safe and inclusive environment. These are homes for people to make their own and where family and friends will enjoy visiting and being part of.

Metropolitan locations

- North Adelaide
- Mawson Lakes
- Lightsview
- Golden Grove
- Ingle Farm
- Parafield Gardens

Regional locations

- Clare
- Jamestown
- Port Pirie

Retirement living

Helping Hand retirement living offers an independent lifestyle without the ongoing maintenance hassles. This is an opportunity to downsize and be part of a diverse and inclusive community.

Metropolitan locations

- North Adelaide
- Prospect
- Belair

Regional locations

- Clare
- Jamestown
- Port Pirie