

Care at Home Services

Community Respite



Respite



Group Activities



Personal Care



Dementia Support



Social Outings



Food Preparation

Being a carer is hard work. We know how difficult it can be to get a break, so our skilled staff are on hand to step in and support you.

In your home

A one-on-one service where a trained staff member will look after your loved one during the day.

In the community

Your loved one can be taken on an outing in the community, with one-on-one support. Day respite groups are available in metropolitan Adelaide in a community setting. A strong focus is placed on developing activities for those with memory loss.

An assessment from My Aged Care is needed to access respite.

Contact us to find out more about starting respite services.

Phone: 1300 653 600

Email: mcsclientsupport@helpinghand.org.au

www.helpinghand.org.au



Helping Hand
new aged care