



*An introduction
to Helping Hand*





A proud history of service in South Australia.

Established in 1953, Helping Hand is a trusted South Australian not-for-profit organisation.

Every year, we positively impact the lives of more than 7,000 older South Australians across metropolitan Adelaide and regional South Australia.

Helping Hand is a leading provider of aged care services including:

- Home care services
- Residential care
- Respite for carers
- Retirement living
- Allied health and wellbeing services

Helping Hand provides services across many lands, traditionally owned by the Kaurna, Narungga, Peramangk, Ngadjuri, Nukunu, and Barngarla people.

Helping Hand acknowledges the traditional owners of the land on which we work and provide services. We pay respect to their culture and heritage, and to Elders past, present and emerging.

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We pride ourselves on our personalised and inclusive approach to delivering care that is tailored to people's individual needs.

Whether you need some help at home, a few days respite, or are considering a move into retirement living, or residential care, we will support you, and your family, at every stage of the journey.

Whenever you need us, we will be here to lend a helping hand.

The Helping Hand community is privileged to be made up of a blend of people from many cultures, religions, identities, backgrounds and beliefs. Read  more about our approach to diversity, inclusion and belonging.

Help at Home

Helping Hand offers a range of home care services to keep you safe, healthy, and independent in your own home.

We believe in taking a holistic approach to health and wellbeing. Whatever level of support you need, we will partner with you to develop a care plan that keeps you independent, comfortable and safe in your own home and community.

There are a number of ways you can access our home care services through subsidised Government funding, as well as paying for services privately through our *Elevate by Helping Hand* program.

Everyone's situation is different. To speak to someone about the right supports for you, and how to access them, call our Aged Care Connector on 1300 444 663.



Our Home Care Services include



Cleaning



Personal care



Gardening and home maintenance



Transport



Social support



Allied health



Community respite



Home modifications



One-off services, eg spring clean, outings, etc



Nursing services

Our team of community nurses can come to you and provide professional and personalised nursing services in the comfort of your own home. Services include blood pressure, blood glucose monitoring, medication management, wound care, chronic disease management, and more.

Our Home Care Services are available in metropolitan Adelaide and regional South Australia.

Allied Health and Wellbeing Services

At Helping Hand, we have our own team of experienced allied health professionals who deliver personalised services either in the comfort of your own home, or in one of our dedicated Wellbeing Centres. Services include:

Physiotherapy

Mobility and balance, pain management, hydrotherapy, falls prevention strategies, and more.

Occupational Therapy

Supporting independence and increasing mobility, strength and balance for daily activities at home.

Speech Pathology

Exercises and therapy to improve language, speech and voice communication, and swallowing.

Podiatry

Lower limb and foot care, supporting mobility and confidence.

Exercise Physiology

Exercise and movement for balance, joint mobility and strength.

Dietetics

Nutrition and hydration care and therapy.

Social Work

Personalised support for issues like social isolation, carer's stress, financial stress, loss and grief.

We also have allied health professionals onsite at all of our residential care homes.

Retirement Living

Helping Hand retirement living offers an independent lifestyle without the worries of home maintenance. It's an opportunity to downsize without compromise, and a chance to be part of a supportive and inclusive community with like-minded neighbours.

You can maintain your privacy, while enjoying the peace of mind that comes with being part of a community who look out for each other and help is never far away. And with most maintenance items included in the monthly recurrent charge, it's easier to budget with no surprises.

Our retirement villages are all conveniently located close to doctors, hospitals and other healthcare services. We can also arrange for help at home as the need arises.

Our Retirement Living Locations

Metropolitan Adelaide

North Adelaide
Prospect

Regional South Australia

Clare
Jamestown
Port Pirie
Whyalla



Residential Care

When support needs increase, residential care steps in with 24/7 assistance. Our fully accredited residential care homes offer choice and flexibility and our qualified and professional staff offer care and support.

We create a safe, comfortable and welcoming environment where residents are free to choose from a range of activities to participate in. Our homes cater for family and friends with many spaces available for a coffee and catch up.

Helping Hand residential care homes offer permanent care, respite and specialist memory support services. Every home has its own unique personality, and an inviting and inclusive environment.

Residents enjoy:

- Home-cooked meals
- Daily social activities
- Onsite cafe, shops, library and hair salon
- 24/7 nursing services
- Allied health services, including physiotherapy, podiatry, exercise physiology, speech pathology, nutrition and dietetics, occupational therapy and more
- Laundry and cleaning services
- Pet friendly, we are happy for pets to visit our homes



Our Residential Care Home Locations

Metropolitan Adelaide

Golden Grove
Ingle Farm
Lightsview
Mawson Lakes
North Adelaide
Parafield Gardens

Regional South Australia

Clare
Jamestown
Port Pirie
Whyalla

Scan the QR code to go to
our website and book a
residential care home tour



Dementia support

People living with dementia are well cared for in our care homes, and we are passionate about continuous improvement in our delivery of dementia care.

We have also established dementia support groups, bringing together the families and loved ones of residents living with dementia to share experiences and learn coping strategies.

Palliative care support

Palliative care is an approach that improves the quality of life of people and their families who are facing life-limiting illness.

Our qualified, caring and professional staff provide support with compassion, respect and a personalised approach that reflects individual wishes and values. We are committed to delivering the highest level of palliative and end of life care and supporting residents, family and friends on this journey.

Respite

We think that carers are amazing and deserve a break every now and then to rest and recharge. Our respite options let carers get to appointments, go on a social outing or take a holiday.

Residential respite is available at all eleven of our care homes. With stays starting from two weeks, carers have the time to take a well-earned break.



Join our Team

Helping Hand employs more than 2,200 people across our metropolitan and regional locations.

While some roles require a tertiary qualification, we also have roles for people who have transferable skills from the hospitality sector, retail or trades, or who have relevant vocational training, such as a Certificate III.

Aged Care is Australia's fastest growing industry, and vacancies are offered throughout the year. Check our current job vacancies via the QR code to the left or visit our website helpinghand.org.au/job-vacancies



Volunteering opportunities

Volunteering with Helping Hand is a wonderful way to share your skills and experiences, learn new skills, meet new people and make a real difference to the lives of others.

Visit Seek Volunteering via the QR code to the right for roles we currently have available, or call us on 1300 653 600 to find out more.



For over 70 years Helping Hand has been creating communities and experiences to enable older people to live their best lives.

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