

ACH  
GROUP

Good Lives for  
Older People

# Short Stays

A break away  
from home



## Are you caring for someone at home? Let us do the caring, while you take a break.

### **ACH Group can help.**

We offer flexible, short term supported overnight accommodation for the person you are caring for within the friendly and secure environment of ACH Group's Residential care homes; Perry Park at Port Noarlunga and Highercombe at Hope Valley. Our qualified and caring staff are experienced in supporting people with a range of health conditions, including dementia.

Flexible Short Stays are designed to take the pressure off carers who may need a break from their caring role so that they can go away for a weekend, have time to recharge, or just because they need a good night's sleep. Short Stays are also a great way to trial whether longer term residential care or respite is right for you.

Best of all, NO government assessment is required, which means it's almost as simple as booking a hotel room.



## What's included?

- Safe and secure care, with a registered nurse onsite at all times
- Full assistance with personal care (showering, dressing, toileting, help with dining)
- Assistance with medication management
- Private room with own ensuite
- Supply of all meals, linen and towels
- A choice of social activities such as craft groups, Mens' Shed and walking groups.

## What do guests need to bring?

- Clothing, including pyjamas, as well as toiletries
- Current medications

## What does 'Short Stay' mean?

At Perry Park, you can book ahead up to as many nights as required, subject to availability.

At Highercombe, bookings are over a weekend, from Friday afternoon to Monday morning. Highercombe bookings cannot be made in advance.

Cancellation fees may apply.

## Are there any eligibility requirements?

There are no eligibility requirements and no referral is needed.

Accommodation is subject to availability.

## Pricing

### Perry Park & Highercombe

Day/Night stay

**\$300**

### Perry Park

Day/Night stay with rehabilitation service

**\$340\***

### Perry Park & Highercombe

Weekend stay (Fri afternoon - Mon morning)

**\$800**

Subsidies for this service may apply for eligible customers.

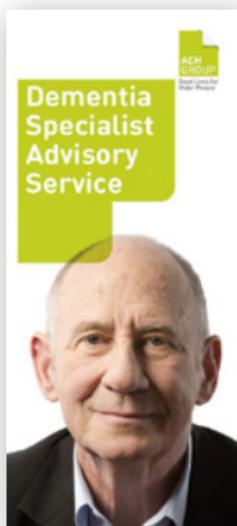
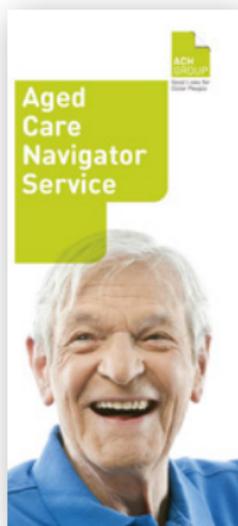
\*Rehabilitation services include; unlimited gym visits, plus access to visiting health services such as physiotherapy, occupational therapy, speech pathology or a dietician based on an initial assessment of needs. Minimum 7 day stay applies.

## How do I find out more?

Contact ACH Group on **1300 22 44 77** or visit [achgroup.org.au/help-for-carers](http://achgroup.org.au/help-for-carers)

**“When you’re a  
carer, taking  
time out is  
important for  
both of you.”**

Rita



Do you need help navigating aged care options?

Ask us about our Advisory Services,  
call **1300 22 44 77** or visit **achgroup.org.au**

Founded in 1952, ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives.

Let's talk **1300 22 44 77** Visit **achgroup.org.au**

Join the conversation



#goodlives #achgroup