

Health & Wellness

The Health & Wellness Team at Southern Cross Care offers a suite of restorative care programs including: Short-Term Restorative Care (STRC), Community Transition Care (CTCP) and Community Respite. They share the common goal of supporting clients to remain living independently for as long as possible. In this edition of our Health & Wellness Newsletter, we take a deeper look at how we support client wellbeing through reablement, restoration and support.

HEALTHY AGEING



The STRC Program: A supportive approach to health and independence in later life

Short Term Restorative Care is an 8 week program that aims to reverse and/or slow the functional decline of older adults, intervening before a life-changing event such as a fall or an extended hospitalisation. It is supported by the increasing evidence that exercise in later life improves health, wellness and independence.

[Learn more](#)

EVENTS



New Hub of Activity

7 FEBRUARY 2023

Southern Cross Care will help to shape up the Fleurieu Peninsula with the official launch of its Goolwa Community Hub. The new and improved hub offers the following services;

- Health & Wellness, including allied health and group exercise.
- Community Respite
- Home Care, supplying care and support to keep you at home.

Open Day Details

Date Tuesday 7 February
Time 9.00am to 4.00pm
Place Goolwa Community Hub, 1 Wildman Street, Goolwa

Join us for an open day full of health, wellness and home care activities, FREE massages, educational seminars, demonstrations, giveaways and a FREE sausage sizzle.

[Learn more](#)

NEWS

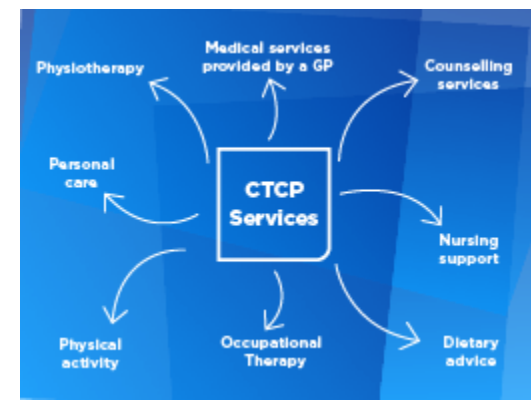


Rodolfo finds new lease of life with the STRC program's help

Rodolfo entered the STRC program with some major goals in mind to assist with improving his overall quality of life including: improving balance and reducing falls, increasing overall strength and improving his mobility.

After 8 weeks, Rodolfo was able to complete a plethora of ADLs (activities of daily living) which he found difficult prior to the program. This included being able to sit and stand without using his hands or walking stick for assistance. He also improved his gait which allowed him to be more mobile and confident around the home and in public places. Rodolfo and his wife Carla were extremely impressed with the progress and mentioned it has changed both of their lives significantly and given Rodolfo a new lease on life.

[Read more >](#)



Community Transition Care Program (CTCP)

The Community Transition Care Program (CTCP) provides a range of short-term specialised care services to eligible older people following a hospital stay to help them regain as much independence as possible. It also help them avoid the need for longer term care and support services.

Services are provided for up to a 12 week period and can be provided in selected residential care beds, the person's home, or a combination of both.

[Read more >](#)

Community Respite Program

The Community Respite program supports clients to become better aware of their capabilities and provides them with a sense of purpose regardless of changing cognitive and/or physical health. It can offer day centre based respite, overnight cottage respite, in residential care (short-term respite) or be 1:1 in the community (flexible Buddy respite).

Respite care services also provide caregivers a well-deserved break and gives them time to focus on their own lives.

[Read more >](#)

Services tailored to those aged 50+

At Southern Cross Care, our clients are our number one priority. Whether they use our Health & Wellness Allied Health services, visit our Respite centres, undergo a Restorative Care Program or go on one of our exciting Out & About trips; our person-centred approach, ensures every client is supported in their journey to be Better for life.



EXPLORE OUR SERVICES

- [Health & Wellness](#)
- [Home Care](#)
- [Retirement Living](#)
- [Residential Care](#)

Better for life®



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