



“Attending the 3Rs program over the last six months has improved my overall health and wellbeing”

Respite, Recreation and Revitalisation

Respite

A regular planned break for carers throughout the week, providing peace of mind knowing the person they care for is participating in meaningful activities in a safe and caring environment.

Recreation

We help you to reconnect to a range of activities that allow you to remain as independent as possible in your community.

Revitalisation

We give you the assistance you need to make informed choices that will enhance your life.

3Rs Program Respite, Recreation and Revitalisation

Participate and
enhance the quality
of your life

Contact Us

If you would like more information on the 3Rs Program please contact the Facilitator on:

Phone: (08) 8366 4144

Email: 3rs@burnside.sa.gov.au

Web: www.burnside.sa.gov.au

Would you like...

...some practical help and support to reconnect to your community?

...to meet new people?

...to remain as independent and active as possible?

...to maintain or learn new skills?

...a break from your caring role?

Sometimes things can happen that slow us down or stop us from doing the things we enjoy. If this has happened to you or someone you know, 3Rs may be able to help.

3Rs can help you to try new things, meet new people and explore other community activities and groups.

3Rs is all about your needs and choices. You will be able to set realistic goals and 3Rs will help you achieve them.



Eligibility

You may be eligible if you live in the eastern region of Adelaide, are an older person, a younger person with a disability or a carer of these people.

Attendance at the 3Rs may be for either a short or long period of time depending on the goals you have set.

Each group meets weekly for around four hours. Groups are located at various sites across the eastern metropolitan area.

If you need assistance accessing the service, transport can be arranged.

Other wellbeing programs

- Come and Try Activities
- Community Information Sessions
- Cooking Classes
- FYI Café Lunch Program
- Gent's Day Out Bus Trip
- Men's Breakfast
- Men's Shed
- Personal / Small Group Training
- Strength for Life Program