

# Community Rehabilitation Centres (CRCs)



Community Rehabilitation Centre

## For more information:

Contact the CRC closest to you or your local Adult Community Mental Health Services or log on to <https://www.sahealth.sa.gov.au> and click on the following links:

- > Health services
- > Mental Health Services
- > Adult Services
- > Rehabilitation Services
- > Community Rehabilitation Centres

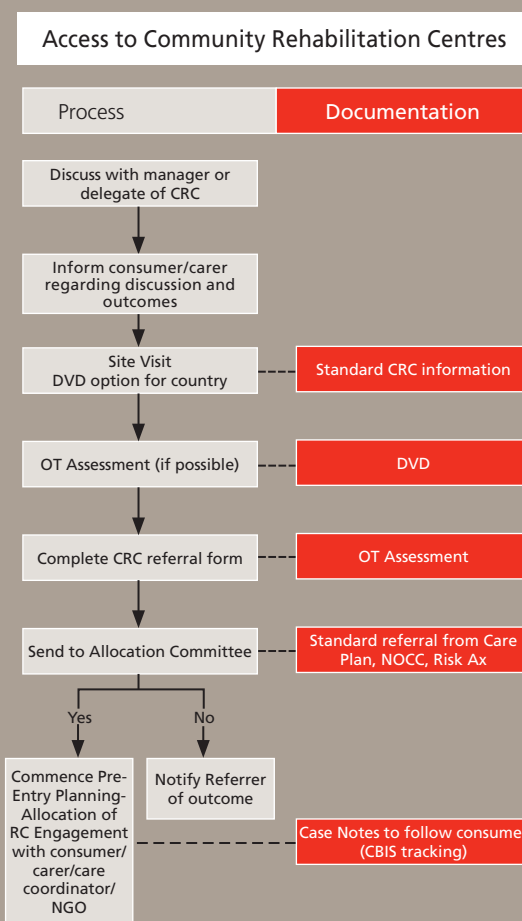
A DVD about the CRCs has been produced and can be accessed from Community Mental Health Services.

## Useful Information

- > People stay at CRCs for varying amounts of time, depending on their needs.
- > CRCs are staffed 24 hours a day, 7 days a week.
- > Each CRC comprises of 20 bedrooms each with their own en-suite.
- > Unit sizes vary and accommodate between 1 and 4 people. Most units are shared.
- > All units have a telephone and reverse cycle air conditioner.
- > Each unit has a fully equipped
  - > laundry
  - > kitchen
  - > lounge area
  - > bedroom
  - > courtyard
- > All CRCs are smoke free.

CRCs are part of the "Stepped System of Care" which seeks to bridge the gap between community care and hospital care. They focus on supporting consumers to stay well, improve their wellbeing and build practical skills for independent living.

Referrals are completed by adult Mental Health Services Care Coordinators. Referrals are completed in collaboration with consumers, carers and their families.



Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



<http://www.gilf.gov.au/>

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Trevor Parry Centre

## Trevor Parry Centre

Trevor Parry Centre is located approximately 30 kms from Adelaide's city centre.

Some of the services that are based near the Trevor Parry Centre include:

- > Public transport
- > Colonnades Shopping Centre, cinemas, bowling alley, gym, public and private hospital, library and sporting and community clubs
- > TAFE
- > Specialist health facilities

Address:

Grey Box Avenue  
 Noarlunga Centre SA 5168  
 (PO Box 437 Noarlunga Centre SA 5168)  
 Ph: 8384 9969  
 Fax: 8384 9961

"Some of the benefits of being at a CRC is it offers a supportive and safe environment to work towards goals of independent living" (Rehabilitation Worker)



Elpida House

## Elpida House

Elpida House is located 4 kms from Adelaide's city centre and is close to Adelaide airport.

Some of the services that are based near Elpida House include:

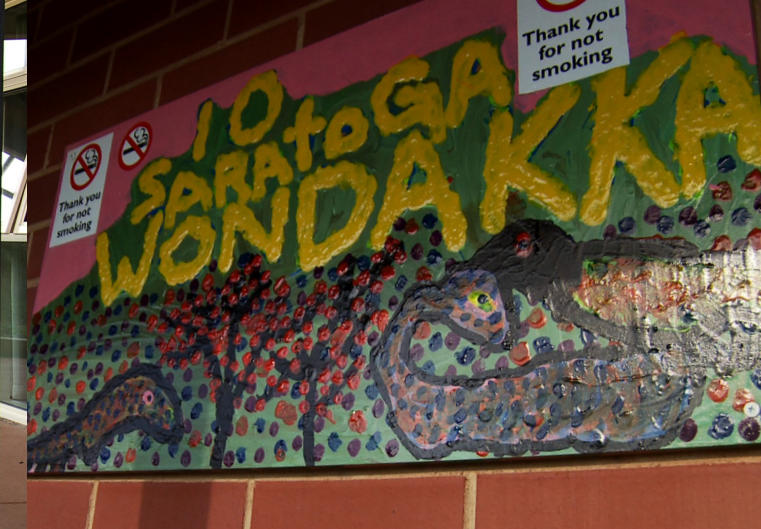
- > Public transport
- > Supermarkets, newsagency, post office, discount stores, cafes, and library, Thebarton Theatre
- > GPs
- > Mental Health Services

Address:

16 Lurline Street  
 Mile End, SA 5031  
 Ph: 8408 9100  
 Fax: 8408 9199

The CRCs help people to:

- > Build health routines
- > Develop awareness and acceptance of mental health needs
- > Improve access to service
- > Increase their understanding of how to manage their illness
- > Build practical skills for independent living
- > Build links to community education, activities and work



Wondakka mural

## Wondakka

Wondakka CRC is located in Elizabeth East. It takes about 45 minutes to get there from Adelaide's city centre by car.

Some of the services based near Wondakka include:

- > Elizabeth City Centre
- > Aquadome, swimming and gym facilities
- > Club 84 psychosocial rehabilitation and day program
- > GP's, health and community services

Address:

10 Saratoga Road  
 Elizabeth East, SA 5112  
 Phone: 8282 1840  
 Fax: 8282 1861

"The CRC enabled me to go to TAFE, enabled me to have independent living skills and to get the right support when I needed support" (former CRC resident)

"When I've got a goal, I'll go for the goal, but do that with confidence" (former CRC resident)