

Respite helps you find the balance

For carers of older people and people with dementia



AlfredHealth

Carer Services



“Mum is not as mobile since her fall but she still likes to keep active and mix with people.

She enjoys her time at the aged care facility. They have a little choir and she likes the craft.

She goes weekly and has made a few friends there.

It gives us both a break and means I can keep working for now.”

Eligibility

We support carers of frail older people and people with dementia living in the Southern Metropolitan Region of Melbourne.

Suitability for individual respite programs varies, depending on carer needs and the needs of the person you are caring for.

Cost

Carers will be asked to contribute to the cost of the program; and they vary from program to program. See details inside.

Contact us

Referrals can be made through My Aged Care on:



1800 200 422*

For more information phone us on



1800 052 222*

or see



www.carersouth.org.au

*Freecall except from mobile phones

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Supporting care relationships

Are you caring for a family member or friend who has memory loss or dementia or who is becoming frail and needs help to continue living at home?

You may be a family member, partner, friend or neighbour. Perhaps you are too busy with the demands of daily life to seek help and you might not call yourself a carer.

There are services and support options to assist you. At Alfred Health Carer Services, we can provide, and link you to these services.



When you need a break

We try to take a personal approach to match your needs with the options that are available.

Every caring situation is different. We can speak with you about ways you might:

- Have some personal time to work, rest or attend to your own needs.
- Arrange regular social occasions and activities for the person you care for.
- Enjoy an outing together in a safe and caring environment.

Some of our services are provided in collaboration with other agencies.

Where possible, we encourage you to try different options to find a solution that best meets your needs.



Commonwealth Home Support Program (CHSP)

The Commonwealth Home Support Program aims to support care relationships and maximise the independence of older people living at home.

Our program delivers respite care to carers and the people they care for in a variety of settings which best meet their needs.

We can offer the person you care for a range of choices. These include individual support in your home or on an outing, or in a group setting away from your home.

Services may vary depending on where you live and the kind of assistance you require.

Our experienced staff are familiar with what's available and how it may assist you.

To learn more about our Commonwealth Home Support Program, call us between 9.00am and 5.00pm weekdays, or if you have urgent respite needs, you can call 24 hours a day, 7 days a week for assistance:

1800 052 222*

*Freecall except from mobile phones

A personal approach to respite care

The Commonwealth Home Support Program has a range of respite options to help you take a break, by providing social and recreational activities for the person you care for, as listed below:

Support in and away from your home

Allows for carers to take a planned break.

Contact: 1800 052 222

Individual support at home

Trained and experienced staff are matched with your needs and preferences. They may provide personal care, support and companionship at home, or out and about in your community. Regular respite of approximately 52 hours per quarter may be used on a weekly basis, or more flexibly.

Costs range from \$ 3.60 to \$10.00 per hour (daytime hours, weekdays).

Residential day respite

Provides short and long day stays in aged care facilities joining in activities with the regular residents. Suitable for people with complex care needs and carers needing long respite hours. Allied health and other services such as podiatry and hairdressing may be available. Choose from a number of facilities.

Costs range from \$ 8.00 to \$25.00 for up to six hours.

Weekends away

Stay Friday to Sunday at Coastal Cottage in Rosebud. The holiday home environment caters for small groups of up to five people, 65 years and over, with similar interests and care needs. Enjoy leisure activities and outings to local places of interest. Trained staff provide support during the weekend stays.

Costs range from \$70.00 to \$120.00 per weekend stay inclusive of meals & activities.

Outings and activities

Weekly outings for small groups of people in the early stages of dementia who enjoy socialising and participating in the community – while carers have a break.

Give It A Go

Participants attend weekly social outings each Wednesday 10.00am to 3.00pm. **This program is for people under 70** who are experiencing the early stages of dementia.

It is most suitable for people who enjoy being physically active and for whom other activities or respite are not appropriate. Participants are involved in contributing ideas for outings.

Cost: \$25.00 per day. Contact: Central Bayside Community Health Service on 9581 8500

Let's Go for Coffee

Participants attend weekly social outings each Thursday 9.30am to 3.30pm. **This program is for people over 70** who are experiencing the early stages of dementia.

It is most suitable for people who enjoy being physically active and for whom other activities or respite are not appropriate. Participants are involved in contributing ideas for outings.

Cost: \$25.00 per day. Contact: Central Bayside Community Health Service on 9581 8500

Movie Club

A social opportunity is provided for carers and the person they are caring for to enjoy a classic movie in a safe and friendly environment with others.

A light supper is also provided at this warm and friendly monthly event at Classic Residences in East Brighton.

Cost: \$15.00 per carer and care recipient, \$20.00 for carer with two care recipients. For more information and bookings contact: 9212 3000

For Greek people

Leisure and social activities for older Greek people.

Contact: Fronditha Care on 9552 4145

To Steki Tis Haras (Greek Host Home)

Provides support, activities and home-cooked meals for a small group of people with dementia. Participants are welcomed into the home of a Greek-speaking host, assisted by a trained support worker.

Cost: \$ 5.00 per session.

“Mum is a very social person and the program has enabled her to express herself within the comfort of her culture.”

Centre-based program for older Greek people

Get together Wednesdays with a group of older Greek people, participate in activities and enjoy a Greek meal.

The group meets 9.30am to 2.30pm at a community hall in Clayton South.

Cost: \$ 8.00 per session.

And for carers, a chance to meet others in a similar situation and gain useful information to support your role:

More for carers

Additional support for your caring role.

Contact: 1800 052 222

Working carer's retreat

Join a weekend retreat with other working carers to have a break from caring. Participate in self-care activities and gain information to assist you in your caring role. Provides the opportunity to connect and share ideas with other carers.

Cost: \$50.00 per carer.

Carer education

Carer education is a valuable way we support carers, build skills and boost confidence. We present workshops on all kinds of topics from communication to wellbeing and understanding services. Some are just a few hours and others are more extensive. They occur regularly at various locations in Melbourne's south.

Cost: Free

Aboriginal & Torres Strait Islander carer retreat

Carers may join a retreat which supports caring and culture. It occurs annually and provides a relaxing mini-break in the company of other Indigenous carers. Participants have the opportunity to learn about caring for themselves whilst gaining information about services to assist them in the community.

Cost: Free