



“Mum was nervous about getting someone in to help her with some day-to-day tasks. The person I spoke to took the time to find someone who made her feel comfortable. It has made a huge difference and I now feel that I can balance caring for Mum with work and family.”

We'd love to hear from you! If you would like to share your experience of our service please email info@carersouth.org.au.

Contact us

 **FREECALL***
1800 052 222

*Freecall except from mobile phones

 Interpreter services are available upon request, or call Telephone Interpreter Service on 131 450

 **National Relay Service**
1800 555 660

for people who are deaf or have a hearing or speech impediment.

 www.carersouth.org.au

 info@carersouth.org.au

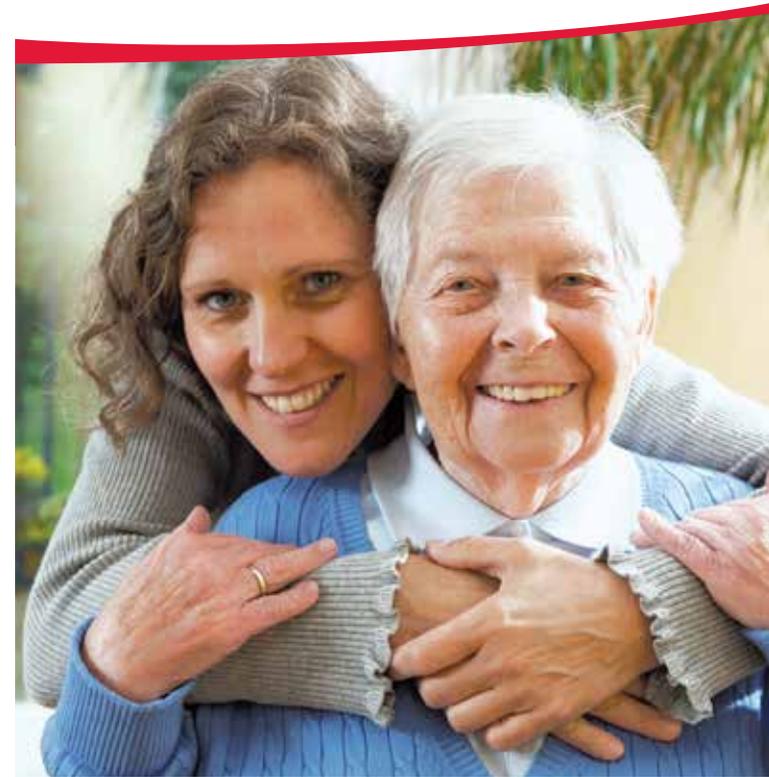
 Service providers should refer to the Service Provider tab on the Carer South website for referral forms.



This service is funded by the Australian and Victorian Governments.

Are you caring for someone?

24-Hour Carer Support and Respite



AlfredHealth

Carer Services

We support carers

At Alfred Health Carer Services, we support people who care.

We provide information, support and respite for people who care for an older person, a person with dementia, a person with a mental illness or a person with a disability. We also offer carer education and peer support activities to support personal wellbeing.

A carer can be a spouse, partner, parent/s, child, guardian, sibling, friend or neighbour who supports another person by providing unpaid personal care, providing transport, attending medical appointments, organising medication, and/or regular cooking and shopping, among other activities.

We are committed to supporting carers, the people they support and the care relationship to provide holistic and sustainable care pathways.

Our services are available to people living in Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Greater Dandenong, Casey, Cardinia, Frankston and the Mornington Peninsula.

Call us on 1800 052 222* 24 hours a day, 7 days a week to find out how we can help you.

*Freecall except from mobile phones

How we can help

Our professional team can help you find the right support for you and the person you care for or support.

Our services include:

- Urgent respite care
- Information and emotional support
- Education and peer support through links to carer groups, wellbeing sessions, workshops and peer support
- Support to young carers aged 18 and under to help them balance their education and care responsibilities
- Respite services, resources and supported activities for older people with care needs, and their carers via the Commonwealth Home Support Program
- Referral to services and assistance to contact *My Aged Care* and the National Disability Insurance Scheme.

There is no cost for information, referral and carer support. Fees apply for our Commonwealth Home Support Programs and some group activities.



What carers say

“It can be hard caring for someone with a mental illness, so it’s really nice to know there is somewhere to turn to for help. The support services, brochures and workshops have been so helpful, and have given me some really good strategies to make sure I look after my own health and wellbeing.”

“I needed to go into hospital and I was worried about who would look after Dad. I called the 1800 number and the people I spoke to were fantastic. They organised respite for Dad and arranged for someone to check on him after I got out of hospital so I could focus on getting better.”

“I don’t know anyone else at school who cares for someone, so it was really nice to meet people my age who understand what it’s like. I really like the group activities and camps and have made some good friends.”