



*John can't drive since his stroke so Carer Services helped us to get things organised.*

*Someone comes in to help with personal care and we now have some transport sorted out.*

*I wish I had known about them sooner.”*

## Contact us

For carer services call:



**1800 052 222\***

\*Freecall except from mobile phones

For office queries call:



### Caulfield

Ph: (03) 9076 6111 | Fax: (03) 9076 6139

### Dandenong

Ph: (03) 9212 3000 | Fax: (03) 9212 3030

### Frankston

Ph: (03) 8781 3400 | Fax: (03) 8781 3420



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



[info@carersouth.org.au](mailto:info@carersouth.org.au)



[www.carersouth.org.au](http://www.carersouth.org.au)

This service is part of Commonwealth Respite and Carelink Centres nationally and is funded by the Australian and Victorian Governments.

April 2015

# Are you caring for someone?

Carer Support and Respite (24 Hours)



**AlfredHealth**

**Carer Services**

# We are for carers

Do you look after someone who has a physical or intellectual disability or a person with mental illness?

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 child, parent, sibling, partner, friend or neighbour... You may be an adult or a younger person.

Perhaps you are too busy with the demands of daily life to seek help and you might not call yourself a carer.

But there are services and support options to assist you...beginning with Alfred Health Carer Services.

Sometimes people say they feel stressed or alone, they don't know what help is available to them and that it is hard to take a break.

The person you care for is important, but our service is for you.

We can give you information and help you to coordinate the services you might need.

## We cover a large area

We support carers living in the ten local government areas of Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Greater Dandenong, Casey, Cardinia, Frankston and Mornington Peninsula.

## Cost

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

# What we do

Every caring situation is different. It is common to sometimes feel confused or overwhelmed. Our professional staff understand and can:

- Listen and help you get started.
- Discuss the range of available services to meet your needs.
- Provide opportunities for you to try different types of breaks, known as respite for you and the person you care for.
- Refer you to services for longer term support. We may assist to speed things up or cut through the maze.
- Advise on school holiday respite for young people with a disability.
- Assist young carers who may care for a parent or sibling.
- Assist you when the unexpected happens, and urgent respite care is needed.
- Provide access to education and wellbeing sessions specifically for carers.



# How we can help

Every caring journey has its challenges. Maintaining your own health and wellbeing is important.

There are a range of supports for most situations, from carer education to support groups, aids and equipment or services in or outside the home.

*“Dad has dementia and when mum broke her hip, it was great to get the support he needed; I don't know what we would have done otherwise.”*

We can help you find the most useful supports for your situation. We can assist with referrals or trial different service options.

*“I know she is very well cared for at the day centre recommended and it means I can still keep working for now.”*

We want to make sure you have everything you need to look after your own health and wellbeing whilst you look after others.

*“The retreat was a revelation for me. I was sceptical at first but I just got so much out of it.”*

We specialise in supporting carers of people who are frail aged, have dementia, a disability, mental illness or who are young carers. We can assist by phone or visit at home.

As well as individual support we also run events and workshops for carers.

**You can 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