

To Contact Us

If you are a carer, phone 1800 059 059*
for assistance 24 hours a day.

We are located at four sites:

Caulfield

Tel 9076 6400 Fax 9076 6139
For Port Phillip, Stonnington & Glen Eira

Cheltenham

Tel 9265 1524 Fax 9265 1487
For Bayside & Kingston

Dandenong

Tel 9212 3000 Fax 9794 6504
For Greater Dandenong, Casey & Cardinia

Mt Eliza

Tel 9788 1370 Fax 9788 1309
For Frankston & Mornington Peninsula

Or visit our website at:
<http://www.carersouth.org.au>

Telephone Interpreter Service
131 450

*Calls from mobile phones are charged at applicable rates.

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Health & Ageing and Family & Community Services and the
Victorian Department of Human Services.

This service is part of Caulfield General Medical Centre
a Member of Bayside Health

04/08

Carer Support Aged



Australian Government

COMMONWEALTH

CARER

RESPITE

CENTRE

SOUTHERN METROPOLITAN REGION

We are here to support older carers,
and carers of older people.

FREECALL **1800 059 059***

Who is a carer?

A carer is someone providing unpaid care for a relative or friend with care or support needs. Carers come from all walks of life, from different ethnic backgrounds and are all ages.

Carers often say the experience of caring is rewarding in many ways. However, caring for a relative or friend at home can also be very stressful and exhausting.

We understand the important role carers have in the community.

Please phone our *CareLine* on 1800 059 059 for more information and to discuss your situation.

A Service for Carers

The Carer Support Program – Aged provides short term support and assistance to aged carers and carers of older people. We can help you find the balance between caring for yourself and caring for others.

Carer Support Workers can:

- Visit you in your home or at a place convenient to you.
- Provide an opportunity to talk confidentially about a range of issues.
- Provide emotional support centred on your need as a carer.
- Identify and support ways to enhance your personal wellbeing.
- Assist you to develop strategies to manage your caring situation.
- Introduce you to a range of support services to meet your needs and those of the person for whom you care.
- Assist with planning innovative care options to meet individual needs.

Your Comments

Please talk with staff about your experience of the service, or if you have a suggestion or complaint. For information on our grievance procedure, contact the Manager on 9076 6400.