

## To Contact Us

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

We are located at:

### Caulfield

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

### Cheltenham

Tel 9265 1524 Fax 9265 1487  
For Bayside, Kingston & Greater Dandenong

### Mt Eliza

Tel 9788 1370 Fax 9788 1309  
For Casey, Cardinia, 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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This service is part of Caulfield General Medical Centre  
a Member of Bayside Health

04/08

# Residential Respite Care



Australian Government

COMMONWEALTH

CARER

RESPITE

CENTRE

SOUTHERN METROPOLITAN REGION

Helping carers to use flexible  
residential respite care for older people.

FREECALL **1800 059 059\***

# What is Residential Respite?

Residential respite provides short breaks for carers and the people they care for. Residential respite allows the person you care for to have a temporary stay in an aged care home where they will be looked after by experienced staff.

In Commonwealth funded aged care homes, the person being cared for is entitled to a total of 63 days residential respite per financial year and the cost is based on approximately 85% of the aged pension.

## Benefits of respite

For the carer:

- Allows time for rest and relaxation
- Gives 'time out' to have a holiday or visit family and friends
- Helps to restore your physical health and well being.

For the person receiving care:

- Promotes independence
- Provides an opportunity to have contact with others in different surroundings
- Encourages participation in activities.

# Residential Respite Program

We operate a planned residential respite program working with carers, older people with disabilities and residential aged care homes. We aim to maximise the benefits of respite by:

- Providing you with opportunities to discuss your feelings about using residential respite, and any concerns or questions you may have, at any stage
- Providing detailed information on the residential respite system, how it works, and what is involved
- Assisting you to plan ahead for respite so that regular breaks enhance your well-being and ability to continue in your role as a carer
- Assisting you to identify respite that meets your needs and those of the person for whom you care
- Discuss with you the options available, and introduce you to appropriate respite places
- Helping you to prepare for the respite stay
- Helping you with regular bookings
- Working closely with yourself and the Aged Care Home to maximise continuity of care between home and respite.

As demand for residential respite is high, it is important to plan ahead. If you would like to discuss your needs and the possible respite options available, please ring 1800 059 059.

## 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.