

# Everyone needs to look after themselves

Sometimes we need help from family, friends or community groups.

If you are an older person or have dementia, the Home Support Program provides an opportunity to do things you enjoy with additional support.

I have not been as active since I had a fall. I enjoy my time at the aged care facility, mixing with other people and doing some activities. We have a little choir and I like the craft.

## Who can access this service?

- Older people aged 65 years and over, or Aboriginal and Torres Strait Islanders aged 50 years and over,
- who have difficulty performing daily living activities without help,
- and who live in the Southern Metropolitan Region of Melbourne

This program is funded by the Australian Government Department of Health and Aged Care. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

### There is a small fee:

The amount you pay is based on your income. Fees can vary depending on the service you use.

### You will need a referral:

Call My Aged Care and ask for a referral to the Commonwealth Home Support Program.



1800 200 422\*

Monday to Friday, 8am - 8pm  
Saturday, 10am - 2pm

\*Freecall except from mobile phones



[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### Have more questions?

For more information about the Commonwealth Home Support Program, call Alfred Health Carer Services.



03 9076 4300

Monday to Friday, 8:30am - 5:00pm



[c.services@alfred.org.au](mailto:c.services@alfred.org.au)

### Telephone Interpreter Service



131 450

Ask for an interpreter to speak in your language

### National Relay Service



Visit the National Relay Service for relay call options to suit people who are deaf, hard of hearing and/or have a speech impairment



# Home Support Program

Respite for older people, those with dementia and their carers



Commonwealth Home Support Program

**AlfredHealth**  
**Carer Services**

**AlfredHealth**

## **Carer Services**

At Alfred Health Carer Services, we focus on supporting care relationships.

The Home Support Program works with you to help maintain your independence and social connectedness by doing things with you, it lets you:

### **Connect with other people**

- Take part in regular outings in a safe and caring environment
- Enjoy interesting activities and meet other people

### **Re-connect with your hobbies and interests**

- Do things you enjoy with support from a care worker
- Take a break from others



My respite carer is a delight.  
She is punctual, helpful,  
caring, interested, remembers  
what is happening for me and  
puts me first. She is a treasure.

- Helena

### **Home support options:**

**We deliver home support to you in a variety of ways:**

- At your home
- In a centre
- In the community
- Regular and planned

### **Home support areas:**

**We organise respite in these local council areas:**

- Port Phillip
- Frankston
- Glen Eira
- Stonnington
- Casey
- Bayside
- Mornington Peninsula
- Kingston
- Greater Dandenong
- Cardinia

### **Do you have a carer?**

**Home support and respite care for you helps give your carer some personal time:**

- To attend to their health and hobbies, or have a rest
- Arrange and attend regular social occasions and activities
- Spend time with family
- Support their working life

### **Open up this brochure for more details**

We offer a safe and supported environment for diverse needs. Services may vary depending on where you live and the kind of assistance you require.

# Home Support Program Respite Options

These are all the options available through our service. Turn over for details on how to get a referral. Commonwealth Home Support Programs can take place either in your home, in centres or in the community. You can choose group sessions for a more social experience or have an experienced care worker come to your home.

## CENTRE BASED RESPITE

Outings and structured group activities held in a purpose built centre.

### CALD Community Access Group

For those aged 65 and over, or experiencing early stages of dementia from various cultural backgrounds.

Attend a combination of centre-based culturally appropriate activities, outings and cultural significant events.

The programs are run by staff that speak the target community languages.

These programs are delivered in partnership with community cultural partners.

For more information on current groups offered in the southern metropolitan region of Melbourne, please contact our team on 03 9076 4300.

### For Older Greek People

Takes place at an activity centre.

For those from a Greek speaking background, with dementia, and over the age of 65.

Get together with others from your community, and enjoy Greek food and activities like dancing, cultural memories, literature and music.

Wednesdays and Thursdays  
9.30am – 2.30pm

*“I go weekly and have made a few friends there. It gives me and my carer (daughter) a break and means she can keep working.”*

John

Delivered in partnership with Fronditha Care for residents within the southern metropolitan region of Melbourne.

### Residential Day Respite

Takes place at a local aged care home.

These centres are relaxed and comfortable, and there are regular group outings and activities to develop new friendships.

Take the opportunity to book into other services that the centre offers, such as hairdressers, podiatry and physiotherapy.

These additional services must be booked and extra charges apply.



Delivered in partnership with a variety of aged care homes for residents in the southern metropolitan region of Melbourne.

## FLEXIBLE IN-HOME RESPITE

Individual support in your home or in the community.

Individual support in your home on a weekly basis or more flexibly.



*“Respite can give people who do not have family support and the sole carer a chance to have a little time for themselves, and increase their level of independence.”*

Patricia

### Day Respite In Your Home

We will listen to your preferences and needs. We then match you with a qualified care worker who will come to your home.

We can arrange for a care worker who speaks your language or comes from the same cultural background.

They will join you in activities and make sure that you still feel independent and part of your community.

## COTTAGE RESPITE

Time away from home for people aged 65 years and over.

Stay in a cosy home environment with a small group of people with similar interests and care needs. Enjoy leisure activities, companionship, and making new friends.

Trained staff provide continual support.

Delivered in partnership with SimplyCare for residents living in the southern metropolitan region of Melbourne.

*“The best thing for me at cottage respite is the companionship of others my own age, the care provided by the staff and being able to have a change of scenery.”*

Steve

