

To Contact Us

The Commonwealth Respite and Carelink Centre is located at these sites:

Caulfield

Tel 9076 6400 Fax 9076 6139

For Port Phillip, Stonnington & Glen Eira

Sandringham

Tel 9076 1611 Fax 9076 1610

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 websites at:

www.carersouth.org.au

www.respitesouth.org.au (disability respite)

FREECALL* 1800 052 222

Carer Support and Respite (24 Hours)

Community Information (Business Hours)

Telephone Interpreter Service

131 450

National Relay Service (TTY)

1800 555 660

*Calls from mobile phones are charged at applicable rates.

Carer Support Aged

Providing support to
carers of older people.

COMMONWEALTH

**Respite &
Carelink Centre**

*Supporting Carers
Informing the Community*

SOUTHERN REGION

This service is government funded, part of Caulfield Hospital,
a member of Alfred Health.

02/09

FREECALL* 1800 052 222

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 *CareLine* on 1800 052 222 for more information and to discuss your situation.

A Service for Carers

The Carer Support Program – Aged provides short term support and assistance to 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 Feedback

Please talk with staff about your experience of the service, or if you have a suggestion or complaint.