

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 1620

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

Dementia and Behaviour

Providing support to carers
of people with dementia,
and developing strategies
to reduce stress and
manage behaviour.

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

Carer Support – Dementia and Behaviour

Changed behaviours are a common aspect of dementia, and may include repeated questioning, forgetting, restlessness, wandering, problems with toileting, sexually inappropriate behaviour, paranoia and aggression.

Many carers of people with dementia find it stressful and upsetting dealing with the changing behaviours of the person for whom they care.

The Carer Support Program – Dementia and Behaviour can assist by providing intensive support in the home and community, where the behaviours occur.

Carer support workers can:

- Provide you with information on dementia, and how this relates to the person for whom you care
- Develop individually tailored strategies to reduce the behaviour, and assist the carer to use these strategies
- Provide you with emotional support around caring for someone with dementia and difficult behaviour
- Work with you to identify ways to reduce stress and enhance your wellbeing
- Introduce you to a range of supports, such as respite and carer support groups
- Work with respite services to better manage the person's needs and behaviour, and ensure consistency between home and respite care.

If you wish to discuss your needs or receive more information on the Carer Support Program – Dementia and Behaviour, please call *CareLine* on **1800 052 222**.

Your Feedback

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