

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 Disability

Providing support
to carers, including parents,
of people aged under 65
with a disability.

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

What we do

We, Commonwealth Respite and Carelink Centre Southern Region (CRCCSR) are a regional contact point for carers who may be parents, partners, family members or friends and the community. We provide information, carer support, respite coordination and service development.

What is Respite?

Respite care services aim to offer positive experiences for people with a disability and at the same time give you, their carers, a break and some time to yourselves.

We aim to help carers find the balance between caring for yourself and caring for others, by providing you with the support, information and respite you need.

Types of respite services available in the community include:

- in-home/out of home respite
- day programs
- before & after school programs
- camps & holiday programs
- recreation & leisure activities
- residential/facility based respite.

How can we help?

CareLine 24 hour telephone service can:

- provide you with information about available services
- arrange short term or emergency in-home respite to give you a break
- provide emotional support and crisis counselling.

Carer Support – Disability

The program provides short term assistance and support to carers of people with a disability aged under 65 years.

Carer Support Workers – Disability can:

- clarify your eligibility for the program
- give you an opportunity to talk confidentially about your issues
- provide emotional support centred on your needs as a carer
- support you to access existing respite and support services
- assist with planning of innovative care options to meet your needs
- resource carer and/or parent support groups
- support other services to be more sensitive to the needs and experiences of carers
- assist, in some instances, to reduce the cost of respite
- work with you to identify ways to reduce stress and enhance your wellbeing.

Your Feedback

Please talk with staff about your experience of the service, or if you have a suggestion or complaint. Other avenues for complaints are available via the Disability Services Commissioner on 1300 728 187.