



To Steki Tis Haras is funded by the Flexible Respite Program and Fronditha Care.

## The Flexible Respite Program

The Flexible Respite Program is a Commonwealth Government initiative, offering a range of services to assist carers who provide unpaid care and support to family members or friends who are frail aged or have a dementia related condition.

Contact the Coordinator on Tel: 9076 6141

The Flexible Respite Program works in close association with the Commonwealth Carer Respite Centre Southern Metropolitan Region, a 24-hour regional contact point for carers who require information and support. Freecall CareLine on 1800 059 059.

## Fronditha Care

Fronditha Care is a community based organisation. Its primary objective is the care of older Greek people living in the Melbourne Metropolitan area, who either prefer to remain at home with supports or require residential care. All services provided are culturally and linguistically appropriate.

For further information contact:

Sonya Illiadis  
(Fronditha Care Inc.)  
**9552 4126**

If Sonya is unavailable please leave a message and your call will be returned as soon as possible.

FRONDITHA CARE  
94 Springs Road  
Clayton South 3169  
Tel: 9552 4100 Fax: 9552 4194



Fronditha Care in partnership with the Flexible Respite Program and Commonwealth Carer Respite Centre Southern Metropolitan Region brings you...

# TO STEKI TIS HARAS



Last updated April 2007

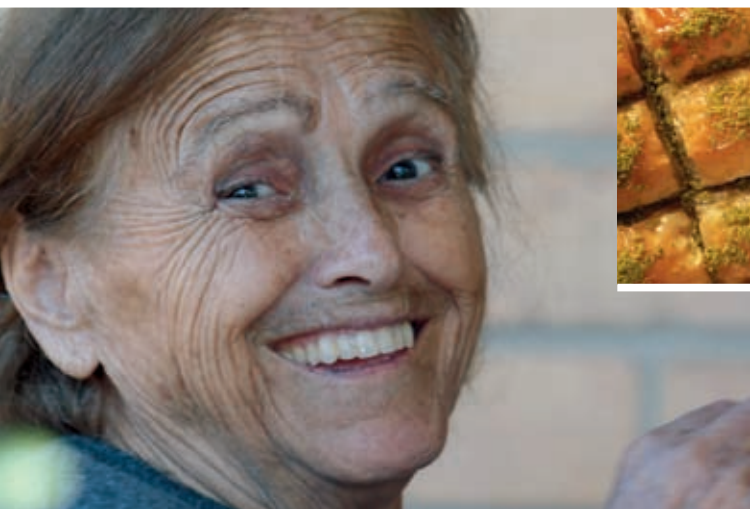
Your Feedback – Please talk with staff about your experience of the service. We welcome your suggestions or feedback.

‘a fun, friendly environment where you can reminisce about the past while enjoying the present’

# Providing leisure and socialisation for older people...

## What is To Steki Tis Haras?

To Steki Tis Haras is a respite service for carers. It provides a day of leisure and social activities for a small group of Greek people who are experiencing the early stages of dementia. The program takes place in the home of a Greek speaking worker who is assisted by a support worker. The respite enables carers to have a regular, planned break and an opportunity to attend to other priorities including their own interests and wellbeing.



## What are the features?

- ▣ A welcoming and homely environment
- ▣ Culturally relevant and sensitive program
- ▣ Greek speaking staff
- ▣ A small friendly group



## Program Outline

**Location:** Bentleigh East

**When:** Thursdays between 9.30am – 3.00pm.

**Cost:** \$5 per session  
Includes a Greek midday meal, morning and afternoon tea.

## Activities include

- ▣ Discussion groups
- ▣ Games
- ▣ Arts and crafts
- ▣ Music
- ▣ Companionship
- ▣ Reading
- ▣ TV/movies
- ▣ Gentle exercise
- ▣ Outings

## Who is eligible for the Respite?

- ▣ Carers who reside in the local government areas of Glen Eira, Kingston, Bayside, Greater Dandenong, Stonnington, Casey, Cardinia and Port Phillip.
- ▣ Carers of elderly Greek people who:
  - are experiencing the early stages of dementia,
  - and are living at home,
  - and require low level care.

