

Give it a Go is funded by the Flexible Respite Program and Central Bayside Community Health Service.

The Flexible Respite Program

The Flexible Respite Program is an Australian 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 dementing illness. Contact the Coordinator on ph: 9276 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.

Central Bayside Community Health Services

Central Bayside Community Health Services (CBCHS) is committed to the health and well-being of the whole person. In co-operation with the community and other agencies, Central Bayside provides a comprehensive and accessible range of quality primary health and community services. The aim of these services is to enhance the health and general well-being of individuals and the community.

For enquiries or referrals

Central Bayside Community Health Services (CBCHS)
8587 0200

Ask to speak with a member of the SPAS team

or

The Commonwealth Carer Respite Centre Southern Metropolitan Region (CCRCSMR)
9276 6141

for the Flexible Respite Program
Co-ordinator



Give it a Go!

Respite for carers

Your Comments

Please talk with staff about your experience of the service, we welcome your suggestions or feedback.

An active program for people with early stage and early onset dementia, providing respite for their carers.

Give it a Go!

What is Give it a Go?

Give it a Go is a respite program for carers. It provides outings for a group of eight participants who are in the early stages of dementia, and who enjoy social activities, including exhibitions, day trips, movies, cruises, walks and theatre. It operates as a transitional program linking carers and participants to other services as required.



Who is eligible to attend the program?

- People with the early stages of dementia, who are under 70 and physically active;
- People for whom other activities/respite services are not appropriate;
- People who are living at home;
- People living in the municipalities of Port Phillip, Stonnington, Glen Eira, Kingston and Bayside.

What are the Benefits?

Carers of people in the early stages of dementia are provided with one day a week of respite.

In addition participants experience a wide range of interesting community activities which:

- utilise their existing skills to encourage positive self esteem;
- maintain physical, intellectual, social and emotional well being;
- provide peer support;
- provide positive initial experience of activity and respite services;
- provide an opportunity for participants and their carers to develop new social networks and connections with their community.



Details

Hours

Wednesdays 10am – 3pm.

Costs

\$10 per day (there may be occasional additional costs for special outings/ activities).

Staffing

The program is run by 2 staff who are trained and experienced in working with people with dementia.

Transport

Provided within a reasonable distance of the centre base.

Carer Support

Information and support is offered to carers.