

# The WEEKENDERS

## 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 can also be very stressful and exhausting.

The Flexible Respite Program understands the important role carers have in the community. The program aims to give carers information, support and assistance.

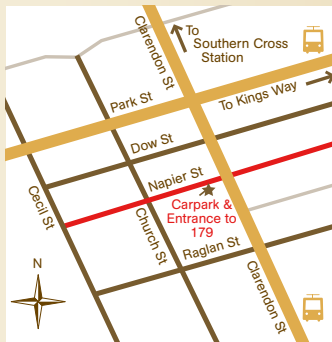
## What is Respite Care?

Respite Care provides short breaks for carers and the people for whom they care. Respite helps find the balance between caring for others and caring for themselves.

## The Weekenders Location

179 Napier Street,  
South Melbourne

Melways Reference  
Map 57 G2



## What areas does the Weekenders cover?

The program is open to people who live in the following local government areas:

- Bayside
- Kingston
- Glen Eira
- Port Phillip
- Stonnington

## Your Comments

Please talk with staff about your experience of the service or contact the Program Coordinator to find out about our other services on

**9076 6141**

Visit our website at [www.carersouth.org.au](http://www.carersouth.org.au)

**Freecall\* 1800 052 222**

Respite and Carer Support (24 hours)

Telephone Interpreter Service

**131 450**

National Relay Service (TTY)

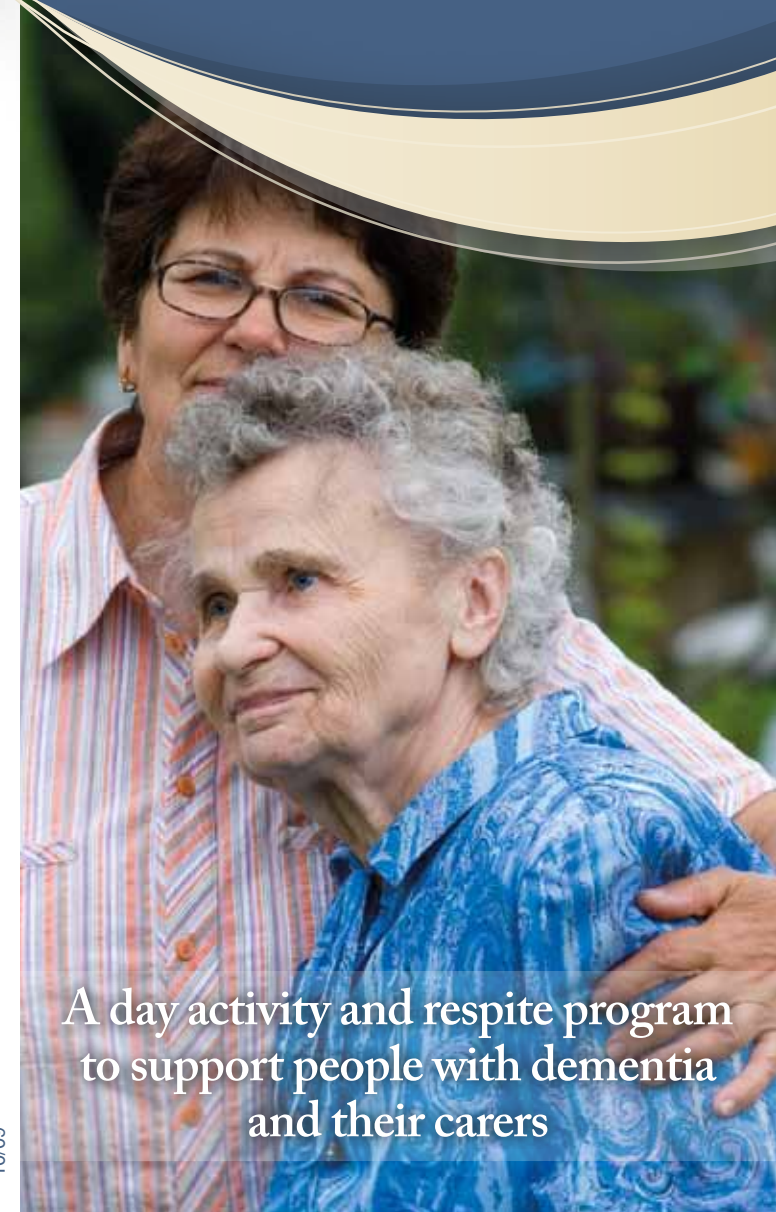
**1800 555 660**

\*Calls from mobile phones are charged at applicable rates.

COMMONWEALTH  
**Respite &  
Carelink Centre**

*Supporting Carers  
Informing the Community*  
SOUTHERN REGION

This service is part of Alfred Health  
and is funded by the Australian Government.



A day activity and respite program  
to support people with dementia  
and their carers



## What does the Flexible Respite Program offer?

The Flexible Respite Program offers a range of individual and group respite options. Our aim is to provide care that is flexible and culturally sensitive to assist carers who support frail, older people and those who have dementia. Some of our services are run in partnership with other community agencies.

Respite can be tailored to meet the individual's needs, cultural background and personal preferences. We offer in-home support, links to other services, outings, activities, events and overnight respite. Our staff will assist with coordinating services for you. Our programs include:

- Weekend (group) respite (this brochure)
- Working Carers' Choices
- Individual respite
- Centre-based respite
- Small group outings
- High level day respite
- Indigenous retreats.

## The Weekenders provides:

- Respite for carers between 9am and 3pm, Saturdays and Sundays
- Recreation and social contact for care recipients matched to their needs and interests
- A small group setting in a secure environment
- Opportunity for participants to maintain their social skills and engage with the broader community
- Centre based activities:
  - Creative Arts
  - Music
  - Gardening
  - Reminiscence
  - In house movies
- Social outings to:
  - Cafes
  - Museums
  - Exhibitions
  - Restaurants
  - Local landmarks
  - Theatres



## Who is eligible?

People who have cognitive impairment resulting in memory loss and confusion who:

- are over 65 years
- are living at home
- have a carer who will benefit from respite.

The Team Leader will meet with each new carer and care recipient to determine suitability for the group.

## What will it cost?

\$7 per session/day covers lunch, refreshments, transport and entry fees where applicable. Accounts are issued quarterly.

## Transport?

Pick up and return transport to and from the centre can be provided for local participants. Eligibility for this service will be discussed at assessment.

## How do I apply?

To learn more about the program or to make a referral, please contact:

- The Team Leader on **0418 537 661** (Fridays, Saturdays & Sundays) or
- The Coordinator Flexible Respite Program on **9076 6141** (Monday-Thursday)