

Contact the Commonwealth Respite
and Carelink Centre Southern Region on

FREECALL* 1800 052 222

Carer Support and Respite (24 Hours)
Community Information (Business Hours)

*Calls from mobile phones are charged at applicable rates.

Interpreter services are available upon request
or call Telephone Interpreter Service on 131 450
National Relay Service (TTY)
1800 555 660

For more information:

www.carersouth.org.au

Support and information about caring, for carers
and the community.

www.respitesouth.org.au

Respite options for carers of people with a disability.

www.respiteseeker.com.au

Respite services for carers of older people.

Administration contact during business hours:

Tel 9076 6111 Fax 9076 6139

Your comments:

Please talk with staff about your experience of our
service at any time. Your feedback is welcomed.

COMMONWEALTH
**Respite &
Carelink Centre**

*Supporting Carers
Informing the Community*
SOUTHERN REGION

Support and information
about caring,
for carers and the community

This service is part of Alfred Health,
and is funded by Australian and Victorian Governments.

06/11

FREECALL* 1800 052 222

The Commonwealth Respite and Carelink Centre Southern Region is part of Alfred Health and provides practical and emotional support for carers in the southern suburbs of Melbourne. It also works in partnership with health and community services to meet the needs of carers through a range of activities such as information provision, referral, respite coordination and respite planning.

We recognise the significant role carers perform and seek to provide tailored support in response to individual needs and circumstances

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 stressful and exhausting. Our service understands the important role carers have in the community.

What is Respite Care?

Respite Care provides short breaks for carers and the people they support. It can provide carers time to take care of themselves and to attend to aspects of life that are important. Respite Care can also be a positive experience for the person cared for, providing an opportunity for some independence and recreation.

How do we help?

Centre staff understand what it means to be a carer and are experienced to assist in a range of ways. We are situated within Caulfield and Sandringham Hospitals and have offices at Frankston and Dandenong.

A 24-hour FREECALL* service called *CareLine* is available on 1800 052 222. It is the first point-of-contact for urgent respite, information and support. *CareLine* can help carers get started, meet immediate needs and provide connections to services relevant to ongoing circumstances.

Practical support for carers

Where required, qualified carer support workers are available to provide short term emotional support and practical assistance to carers. They may link carers with other services to assist immediately and in the longer term.

Community information

Staff can guide professional and non-professional people through the network of services in relation to caring for older people, people with disabilities, those with mental health issues and young carers.

Call the FREECALL* number weekdays. If it is information you require, Carelink can assist.

Education, promotion, development

This involves ongoing initiatives like:

- coordinating educational programs suitable for both carer families and professionals
- facilitating networks between carers and others on general and specific issues
- partnering with carers, health and community services to collaboratively address carer needs.