

GIVE IT A GO

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 carers find the balance between caring for others and caring for themselves.

What areas does Give it a Go cover?

The program is open to people with early stage and younger onset dementia who live in the following local government areas:

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

Your Comments

Please talk with staff about your experience of the Program; we welcome your feedback. Call Coordinator Flexible Respite Program CRCCSR on **9212 3008**

or Central Bayside Community Health Services (CBCHS) on **8587 0200**

Ask to speak to a member of the SPAS team

CRCCSR website: www.carersouth.org.au

CBCHS website: www.cbchs.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*

CB
CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES

This service is funded by the Australian Government.

An active program for people
with early stage and younger
onset dementia, providing
respite for 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 people with dementia and frail, older people. 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 in coordinating services for you. As well as the Give it a Go program, we coordinate:

- Individual respite
- Weekend (group) respite
- Small group outings
- High level day respite
- Overnight community respite
- Indigenous retreats
- Support for working carers.

What does Central Bayside Community Health Services offer?

CBCHS provides a comprehensive and accessible range of quality primary health and community services. The aim of these services is to enhance the health and well-being of individuals and the community.

What is the aim of Give it a Go?

- Provide one day a week of respite for carers
- Provide support to carers and people who are diagnosed with the early stages of dementia
- Provide outings of interest to group participants as chosen by them
- Encourage participants to actively engage in their community
- Gradually introduce group participants and their carers to a range of resources and support services to assist them to plan for the future.

Who is eligible?

People with early stage and younger onset dementia who:

- are under 70 and physically active
- have a carer who will benefit from respite
- don't identify with centre-based activity programs.

When does it run?

Wednesdays 10.00am – 3.00pm.

What is the cost?

Carers will be asked to contribute to cost of the program (there may be occasional additional costs for special outings/activities).

Transport?

Transport may be provided but will be assessed on an individual basis dependent on distance.

How do I apply?

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

Central Bayside Community Health Services (CBCHS)

Phone: 8587 0200

Ask to speak to a member of the SPAS team or

Coordinator Flexible Respite Program

at Commonwealth Respite and Carelink Centre Southern Region (CRCCSR)

Phone: 9212 3008

