

**For enquiries about carer respite and support,
please call:**

FREECALL* 1800 052 222

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

Interpreter services are available on request,
or call Telephone Interpreter Service
on 131 450

National Relay Service (TTY)
1800 555 660

For more information:

Visit www.carersouth.org.au

View our education and training section
for current forums and workshops for carers
of older people and people with dementia.

View current respite vacancies in Aged Care
Homes at vcsn.vacancyseeker.org.au

For administration enquiries, contact:

Caulfield
Tel 9076 6111 Fax 9076 6139
For Port Phillip, Stonnington & Glen Eira

Sandringham
Tel 9076 1611 Fax 9076 1610
For Bayside & Kingston

Dandenong
Tel 9212 3000 Fax 9212 3030
For Greater Dandenong, Casey & Cardinia

Frankston
Tel 8781 3400 Fax 8781 3420
For Frankston & Mornington Peninsula

*Calls from mobile phones are charged at applicable rates.

Carer Support

Dementia and Behaviour

Supporting carers with
strategies to reduce stress
and manage behaviour

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
and the Victorian Government Department of Human Services. 09/10

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Carer Support – Dementia and Behaviour

Changed behaviours are a common aspect of dementia, and may include repeated questioning, forgetting, restlessness, wandering, problems with toileting, sexually inappropriate behaviour, paranoia and aggression.

Many carers of people with dementia find it stressful and upsetting dealing with the changing behaviours of the person for whom they care.

The Carer Support Program – Dementia and Behaviour can assist by providing intensive support in the home and community, where the behaviours occur.

Carer support workers can:

- Provide you with information on dementia, and how this relates to the person for whom you care
- Develop individually tailored strategies to help carers prevent or reduce behaviours of concern
- Provide you with emotional support around caring for someone with dementia
- Work with you to identify ways to reduce stress and enhance your wellbeing
- Introduce you to a range of supports, such as respite and carer support groups
- Work with respite services to better manage the person's needs and behaviour, and ensure consistency between home and respite care.

If you wish to discuss your needs or receive more information on the Carer Support Program – Dementia and Behaviour, please call *CareLine* on **1800 052 222**.

Your Feedback

The Commonwealth Respite and *Carelink* Centre Southern Region is part of Alfred Health. Please phone us on **1800 052 222** to give feedback about the service, or to make a complaint. If staff are unable to resolve your concern, you will be referred to an Alfred Health liaison officer on **9076 6127**.