

## To Contact Us

The Commonwealth Respite and Carelink Centre is located at these sites:

### 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

Or visit our websites at:

[www.carersouth.org.au](http://www.carersouth.org.au)

[www.respitesouth.org.au](http://www.respitesouth.org.au) (disability respite)

**FREECALL\* 1800 052 222**

Carer Support and Respite (24 Hours)

Community Information (Business Hours)

Telephone Interpreter Service

**131 450**

National Relay Service (TTY)

**1800 555 660**

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

# Carer Support Aged

Providing support to  
carers of older people.

COMMONWEALTH

**Respite &  
Carelink Centre**

*Supporting Carers  
Informing the Community*

SOUTHERN REGION

This service is part of Caulfield Hospital, a member of Alfred Health,  
and is funded by the Australian Government  
and the Victorian Government Department of Human Services.

02/10

**FREECALL\* 1800 052 222**

## 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 at home can also be very stressful and exhausting.

We understand the important role carers have in the community.

Please phone *CareLine* on 1800 052 222 for more information and to discuss your situation.

## A Service for Carers

The Carer Support Program – Aged provides short term support and assistance to carers of older people. We can help you find the balance between caring for yourself and caring for others.

Carer Support Workers can:

- Visit you in your home or at a place convenient to you.
- Provide an opportunity to talk confidentially about a range of issues.
- Provide emotional support centred on your need as a carer.
- Identify and support ways to enhance your personal wellbeing.
- Assist you to develop strategies to manage your caring situation.
- Introduce you to a range of support services to meet your needs and those of the person for whom you care.
- Assist with planning innovative care options to meet individual needs.

## Your Feedback

Please talk with staff about your experience of the service, or if you have a suggestion or complaint.