

Let's Go For Coffee is provided with funds from the Commonwealth National Respite for Carers Program and Central Bayside Community Health Services.

Central Bayside Community Health Services

Central Bayside Community Health Services (CBCHS) is committed to the health and well-being of the whole person. In co-operation with the community and other agencies, Central Bayside provides a comprehensive and accessible range of quality primary health and community services. The aim of these services is to enhance the health and general well-being of individuals and the community.

The Commonwealth Respite and Carelink Centre, Southern Region

The Commonwealth Respite and Carelink Centre, Southern Region (CRCCSR) is a regional contact point for carers who require information, support and assistance to access respite services and resources to support them in their caring role. To access CRCCSR, please ring Carer Services on FREECALL 1800 052 022.

**For enquiries
or referrals call
9583 6970**

Ask to speak with the
Service Delivery Manager
(Monday – Friday)

Your Comments

Please talk with staff about your experience of the service or if you have a suggestion or complaint. For information about our grievance procedures contact either the Service Delivery Manager, CBCHS on 9583 6970 or the Manager CCRCMSR on 9076 6400.



COMMONWEALTH
CARER
RESPITE
CENTRE
SOUTHERN METROPOLITAN REGION

Let's go for coffee



Respite for carers

An active program for people with early stage dementia and younger onset dementia, enabling carers to take a break.

Last updated May 2008

Let's go for coffee

What is Let's Go For Coffee?

Let's Go For Coffee is a respite program for carers. It provides outings for a group of eight participants who are in the early stages of dementia, and who enjoy social activities, including exhibitions, day trips, movies, walks and theatre. It operates as an introductory program into aged services for carers and care recipients.



What are the benefits?

Carers of people in the early stages of dementia are provided with one day a week of respite. In addition participants experience a wide range of interesting community activities which:

- utilise their existing skills to encourage positive self esteem
- maintain physical, intellectual, social and emotional well being
- provide peer support
- provide a positive initial experience of activity and respite services
- provide an opportunity for participants and their carers to develop new social networks and connections with their community

Who is eligible?

The carers of:

- people with the early stages of dementia, who are over 70 and physically active
- people for whom other activities/respite services are not appropriate
- people who are living at home
- people living in the municipalities of Kingston and Bayside

Referrals

Please contact the **Service Delivery Manager** at Central Bayside Planned Activity Groups
(Monday – Friday)
Phone: 9583 6970

Details

Hours: Thursdays 9:30am – 3:30pm

Costs: \$10 per day (there may be occasional costs for special outings/ special activities)

Staffing: The program is run by 2 staff who are trained and experienced in working with people with dementia

Transport: Provided

Carer Support: Information and support is offered to carers

