

Service Development – Mental Health

This aspect of the program works to:

- identify gaps in our service systems for carers and develop strategies to address these issues
- raise the profile of carers of people with mental illness in the southern region of Melbourne
- support general and mental health services to develop respite programs sensitive to carers experiences and needs
- support carer groups with group development, information, resources and education
- develop resources and information related to caring for a person with mental illness
- facilitate networking between carers and workers on specific issues
- co-ordinate professional education on carer issues
- advocate to funding bodies in regard to identified carer needs and service gaps.

Your Feedback

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

We provide services to the Southern Metropolitan Region of Melbourne including Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Greater Dandenong, Casey, Cardinia, Frankston, and Mornington Peninsula.

To Contact Us

Carer Support Worker – Mental Health

9076 6111

Service Development Worker – Mental Health

9076 6204

Or visit our websites at:

www.carersouth.org.au

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 Mental Health

Providing support to carers of people
with a severe mental illness.

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.

Commonwealth Respite & Carelink Centre Southern Region (CRCCSR)

CRCCSR is a regional contact point for carers who may be parents, partners, family members or friends and the community. We provide information, carer support, respite coordination and service development.

What is mental health respite?

Respite enables carers and people with mental illness to have a break from the regular care situation. Respite helps you find the balance between caring for others and caring for yourself.

Respite is flexible, based on individual needs, promotes healthy lifestyles and needs to benefit both the carer and the person with mental illness.

Respite, both planned and emergency, might include the following:

- **Residential and Facility Based Respite:** the person you care for stays in a setting where staff are experienced with mental illness.
- **In Home Respite:** a skilled worker comes to your home to spend time with the person you care for in an activity of interest to them or to help with tasks you usually do.
- **Recreational/Activity Based Respite:** occurs where a group of people engage in similar interests and may include outings, camps, workshops, courses.

The aim of respite is to provide you with a break from your caring role to pursue social or other activities.

We can support you to identify your needs and interests.

How can we help? *CareLine*

CareLine 24 hour telephone service can:

- provide you with information about available respite and support services
- arrange short term or emergency in-home respite to give you a break
- provide emotional support and crisis counselling.

Carer Support – Mental Health

The program provides short term assistance and support to carers of people with a severe mental illness.

Carer Support Workers – Mental Health can:

- clarify your eligibility for the program
- give you an opportunity to talk confidentially about your issues
- provide emotional support centred on your needs as a carer
- support you to access existing respite and support services
- provide you with information on mental illness and how this relates to the person for whom you care
- resource carer support groups
- support other services to be more sensitive to the needs and experiences of carers
- assist, in some instances, to reduce the cost of respite
- work with you to identify ways to reduce stress and enhance your wellbeing.