

To Contact Us

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

Caulfield

Tel 9076 6400 Fax 9076 4055
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 and Cardinia

Frankston

Tel 8781 3400 Fax 8781 3420
For Frankston, Mornington Peninsula

Or visit our websites at:

www.carersouth.org.au

<http://vcsn.vacancyseeker.org.au>

(for respite vacancies in aged care homes)

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.

Residential Respite Options

Helping carers of older people to use
flexible residential respite care

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.

01/10

FREECALL* 1800 052 222

What is Residential Respite?

Residential respite provides a short break for carers and the people they care for.

Respite is provided in a residential setting designed and staffed to care for the needs of older people. Shorter stays of one or two nights may be arranged in a community respite house. Longer stays (up to several weeks) are available in Aged Care Homes or other residential services.

Benefits of respite

For the carer:

- Helps you find the balance between caring for others and caring for yourself
- Allows time for rest and relaxation
- Gives you 'time out' to have a holiday or visit family and friends
- Helps to restore your physical health and wellbeing

For the person receiving care:

- Provides an opportunity to have contact with others in different surroundings
- Encourages participation in activities
- Promotes independence

Residential Respite Options Program

Carer Support Workers assist carers to plan for and use overnight, out of home respite in community or residential settings.

We can:

- Provide you with information about residential respite options, how the system works and what is involved
- Discuss your feelings and any issues and concerns you and the person you care for may have about using residential respite
- Explain the respite options available, and introduce you and the person you care for to appropriate respite places
- Help you develop a plan for using respite regularly to promote your wellbeing and ability to sustain care at home
- Arrange practical assistance to help you prepare for and use residential respite
- Provide individually tailored support to help you and the person for whom you care with the transition between home and respite

As the demand for residential respite is high, it is important to plan ahead. If you would like to discuss your needs and possible respite options available, please call *CareLine* on **1800 052 222**.

Your Feedback

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