

Working Carers' CHOICES

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 can also be very stressful and exhausting.

The Flexible Respite Program understands the important role carers have in the community. The program aims to give carers information, support and assistance.

What is Respite Care?

Respite Care provides short breaks for carers and the people for whom they care. Respite helps find the balance between caring for others and caring for themselves.

What areas does the Working Carers' Choices cover?

The program is open to people who live in the following local government areas:

- Bayside
- Cardinia
- Casey
- Frankston
- Glen Eira
- Greater Dandenong
- Kingston
- Mornington Peninsula
- Port Phillip
- Stonnington

Your Comments

Please talk with staff about your experience of the service or contact the Program Coordinator to find out about our other services on

9076 6141

Visit our website at www.carersouth.org.au

Freecall* 1800 052 222

Respite and Carer Support (24 hours)

Telephone Interpreter Service

131 450

National Relay Service (TTY)

1800 555 660

*Calls from mobile phones are charged at applicable rates.

COMMONWEALTH
**Respite &
Carelink Centre**

Supporting Carers
Informing the Community
SOUTHERN REGION

This service is part of Alfred Health
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04/09

Supporting people to
balance work and caring
of older family members



'It's reassuring to know that whilst I'm at work during the day, mum is at home where she is comfortable and receiving the care she needs and deserves.'

Susie and her mother Joan

What does the Flexible Respite Program offer?

The Flexible Respite Program offers a range of individual and group respite options. Our aim is to provide care that is flexible and culturally sensitive to assist carers who support frail, older people and those who have dementia. Some of our services are run in partnership with other community agencies.

Respite can be tailored to meet the individual's needs, cultural background and personal preferences. We offer in-home support, links to other services, outings, activities, events and overnight respite. Our staff will assist with coordinating services for you. Our programs include:

- Working Carers' Choices (this brochure)
- Individual respite
- Centre-based respite
- Small group outings
- Weekend (group) respite
- High level day respite
- Indigenous retreats.

Are you finding it difficult to juggle your caring and working responsibilities?

Many people who work and care for a family member do not know where to start when they need assistance. The Working Carers' Choices program supports people by helping them with their care responsibilities. We can assist you by:

- providing information on services
- introducing and trialling different respite options
- giving regular or occasional breaks
- participating in events and outings
- linking into ongoing services and supports.

How Working Carers' Choices can help.

Susie's mother Joan, who is frail and has dementia, lives with her daughter and their family. While Susie is at work, she worries whether her mother is safe. The program arranged for a worker to come during the day to assist Joan with a meal and check if she is alright. Susie no longer worries about her mother when she is at work.

Peter was worried – he was taking more and more time off work to help his parents with shopping and household tasks that they can no longer manage. The WCC program helped by arranging for the local council to assist with these tasks. Peter has also tried respite and plans to use it to have his parents taken to medical appointments when he is working.

Who is eligible?

People who care and support for a family member at home who is:

- 65 years or older
- frail; and/or has an age-related health condition.

What will it cost?

Carers receiving regular support are asked to pay a small financial contribution if they are able to do so. This is based on the income level of the person for whom they care and the number of respite hours used.

How do I apply?

To learn more about the program or to make a referral, please call the Carer Support Worker on **9212 3015** or **9212 3016**.

'Mum and dad are both fine at home. The WCC program was a huge help and has given me the confidence and peace of mind to keep working.'

Peter

