

Let's go for COFFEE

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 carers find the balance between caring for others and caring for themselves.

What areas does Let's go for Coffee cover?

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

- Bayside
- Kingston

Your Comments

Please talk with staff about your experience of the Program; we welcome your feedback. Call Coordinator Flexible Respite Program CRCCSR on **9212 3008**

or Service Delivery Manager at Central Bayside Planned Activity Group on **9583 6970**

CRCCSR website: www.carersouth.org.au

CBCHS website: www.cbchs.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.

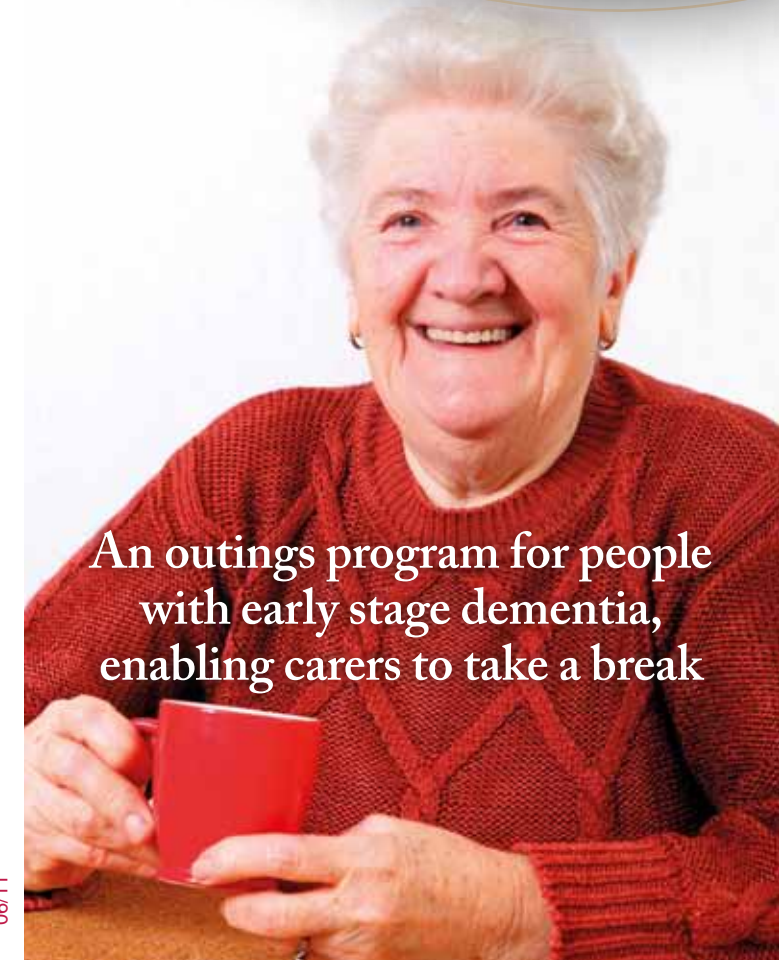
COMMONWEALTH
Respite &
Carelink Centre

Supporting Carers
Informing the Community
SOUTHERN REGION

CB
CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES

This service is funded by the Australian Government.

06/11



An outings program for people
with early stage dementia,
enabling carers to take a break



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 people with dementia and frail, older people. 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 in coordinating services for you. As well as the Let's go for Coffee program, we coordinate:

- Individual respite
- Weekend (group) respite
- Small group outings
- High level day respite
- Overnight community respite
- Indigenous retreats
- Support for working carers.

What does Central Bayside Community Health Services offer?

CBCHS provides a comprehensive and accessible range of quality primary health and community services. The aim of these services is to enhance the health and well-being of individuals and the community.

What is the aim of Let's go for Coffee?

- Provide one day a week of respite for carers
- Provide support to carers and people who are diagnosed with the early stages of dementia
- Provide outings of interest to group participants as chosen by them
- Encourage participants to actively engage in their community
- Gradually introduce group participants and their carers to a range of resources and support services to assist them to plan for the future.

Who is eligible?

People with the early stages of dementia who:

- are over 70 and physically active and
- have a carer who will benefit from respite.

What is the cost?

Carers will be asked to contribute to cost of the program (there may be occasional additional costs for special outings/activities).

When does it run?

Thursdays 9.30am – 3.30pm

Transport?

Transport may be provided but will be assessed on an individual basis dependent on distance.

How do I apply?

To learn more about the program or to make a referral, please contact weekdays:

Service Delivery Manager

at Central Bayside Planned Activity Group

Phone: 9583 6970

or

Coordinator Flexible Respite Program

at Commonwealth Respite and Carelink Centre Southern Region (CRCCSR)

Phone: 9212 3008

