

# TO STEKI TIS HARAS *Host Home*

## 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.



## How do I apply?

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

### Host Home Coordinator

at Fronditha Care

**Phone: 9552 4111** or **Fax: 9552 4194**

or

### Coordinator Flexible Respite Program

at Commonwealth Respite and Carelink Centre Southern Region (CRCCSR) **Phone: 9212 3008**

## Your Comments

Please talk with the Host Home Coordinator about your experience of the service or contact the Flexible Respite Program Coordinator on **9212 3008**

CRCCSR website: [www.carersouth.org.au](http://www.carersouth.org.au)

Fronditha Care website: [www.fronditha.org](http://www.fronditha.org)

**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*



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Leisure and social activities for  
Greek people with dementia  
in the home of a  
Greek speaking host



## 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 Greek Host Home 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 Fronditha Care offer?

Fronditha Care is a not for profit community based organisation, providing services to elders of culturally and linguistically diverse background, predominantly those of Greek speaking background, in community and residential care settings. Services offered by Fronditha Care include:

- Host Home
- Planned Activity Group
- Community Aged Care Packages
- Home care brokerage service
- Independent Living Units
- Residential Aged Care
- Information and Referrals
- Community Partners Program
- Volunteer Home Visitation Program.

## What is the aim of To Steki Tis Haras (Host Home)?

To Steki Tis Haras is a respite service for carers. It provides a day of leisure and social activities for a small group of Greek people who are experiencing the early stages of dementia. The program runs in the home of a Greek speaking worker who is assisted by a support worker. Home cooked traditional Greek meals are provided. The program enables carers to have a regular, planned break. Activities include:

- Arts and crafts
- Outings
- Games
- Reading
- Gentle exercise
- TV/movies and music.

## Who is eligible?

People who have early stage dementia or cognitive impairment resulting in memory loss and confusion who are:

- of Greek speaking background
- over the age of 65 and independently mobile (may use a walking aid)
- living at home with the support of a carer
- living in the municipalities of Port Phillip, Stonnington, Glen Eira, Kingston, Bayside and Greater Dandenong.

## When does it run?

Thursdays between 9.30am – 3.00pm

## 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).

## Transport?

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

