

**For further information  
or to make a referral,  
please contact**

**Wendy Refshaug**

*Team Leader*

*Weekend Respite Program*

Mobile 0418 537 661

Friday, Saturday, Sunday

A message can be left

Monday–Thursday

Fax 9076 6139 Monday–Friday,

or, **Anthea Coillet**

*Co-ordinator*

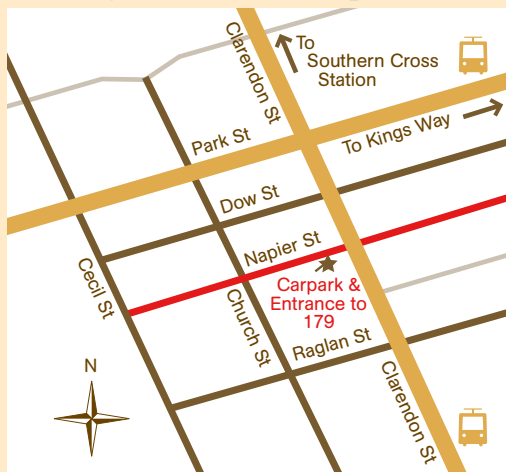
*Flexible Respite Program*

Phone 9076 6400

### **The Weekenders Location**

179 Napier Street South Melbourne

Melway Reference Map 57 G2



An Australian Government Initiative

COMMONWEALTH

CARER  
RESPIRE  
CENTRE

SOUTHERN METROPOLITAN REGION

### **The Commonwealth Carer Respite Centre Southern Metropolitan Region**

The Commonwealth Carer Respite Centre Southern Metropolitan Region (CCRCSMR) is a regional contact point for carers who require information, support and assistance to access respite services and resources to support them in their caring role.

To access CCRCSMR ring  
CareLine 24 hours on **FREECALL  
1800 059 059.**

Funded with grants from the Australian Government  
Department of Health and Ageing & the State  
Department of Human Services.

### **Your Comments**

Please talk with staff about your experience of the service, we welcome your suggestions or feedback.

# THE WEEKENDERS



A day activity and respite program to support people with dementia and their carers

## Who is the service for?

- People with dementia who are living at home and have a carer\* who will benefit from the respite.
- People who have cognitive impairment resulting in memory loss and confusion.
- People living in the Cities of Port Phillip, Stonnington, Glen Eira, Bayside and Kingston.

### \* *Who is a Carer?*

*A carer is someone providing unpaid care for a relative or friend with care or support needs.*

## Referrals

Referrals can be made by carers, family, friends, service providers and GP's.

A formal diagnosis of dementia or memory loss is required.

Each person is assessed individually to determine suitability for the group.

## The Weekenders is

- Respite for carers;
- An opportunity for older adults with dementia to participate in a friendly and stimulating program that reflects the relaxed atmosphere of the weekend;
- A range of activities that meets the participants' needs and interests and which utilises their existing skills to encourage self-esteem eg. music, dance, creative arts, gardening, cooking, outings and reminiscence;
- Culturally relevant activities and where possible multi-lingual staff;
- The opportunity for recreation and social contact in a secured group environment.

## Hours

Respite of up to six hours a day is available Saturdays and Sundays.

## Staffing

The program is run by staff who are trained and experienced in providing activities for and support to older adults with a dementing illness.

## Transport

Transport to and from the centre is provided to participants living in the City of Port Phillip and surrounding suburbs.

For people living in Glen Eira, Bayside, Stonnington and Kingston, transport may be available.

## Cost

\$7 per day. Includes a meal and refreshments. Accounts are issued quarterly.