

## WARRNAMBOOL

### Access All Abilities

(South West Sports Assembly)

(03) 5561 1689

### Gunditjmara Aboriginal Cooperative

(03) 5564 3333

### Karingal

(03) 5564 9200

### Southern Way Direct Care Services Inc

(03) 5564 3444

## CORANGAMITE

### Cooinda-Terang

(03) 5592 1533

## GLENELG SHIRE

### Kyeema Support Services Inc

(03) 5523 7820

### YMCA Portland

(03) 5521 1022

## SOUTHERN GRAMPIANS

### Access All Abilities

(South West Sports Assembly)

(03) 5572 3543

### Mulleraterong

(03) 5572 1028

### Stay Residential Services Inc

(03) 5572 1028

## OTHER SERVICES AVAILABLE

There are many other services available to support Carers of a person with a disability including;

- Carer Support
- Advocacy
- Information Services
- Transport
- Alcohol, Drug & Gambling Services
- Health Services
- Support Groups
- Counselling Services
- Employment, Education & Training Services
- Financial & Legal Services
- Housing Services
- Aids & Equipment

For support and referral information please contact

Barwon Health Carer Respite & Carelink Services

1800 052 222

Disability Information & Support

1800 783 783



**A guide for Families & Carers of  
People with a Disability**

**A South West Carer & Respite  
Services Network Initiative**

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Services Network Initiative**



Wendy Jones (03) 5561 8127

Email: [wjones@mpower.org.au](mailto:wjones@mpower.org.au)

[www.respitebarwonsouthwest.org.au](http://www.respitebarwonsouthwest.org.au)

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[www.respitebarwonsouthwest.org.au](http://www.respitebarwonsouthwest.org.au)

## ARE YOU A CARER?

A Carer is a family member or significant other who provides ongoing unpaid care to a person with a disability.

### What is Respite?

Respite provides an opportunity for unpaid Carers to have a break from their usual caring role and to focus on their own needs. Respite may also assist the person with a disability to explore different options and opportunities within the community. Respite supports should be flexible and responsive to the needs of the carer and the person with a disability.

### Why is Respite important?

Respite helps to support positive family and community relationships in order that the carer is able to maintain their caring role.

### What Options are Available for Carers?

- **After School Care**  
Programs running outside of school hours for children with a disability aged 6-18 years old.
- **School Holiday Programs**  
Children's programs run specifically throughout the school holidays.
- **Community Activities**  
Participation in mainstream community activities. This might include volunteering for a charity, working at your local men's shed, attending local cultural activities/functions or participating in activities at your local community centre.
- **Recreational activities**  
Participation in recreational activities. These inclusive activities can be very diverse and might include things like photography, drama, discos, sport, bowling, swimming, or yoga.
- **Camps, Holidays or Weekends Away**  
Attendance at camps, holidays or weekends away.

- **Facility Based Overnight Stays**  
Staying overnight in a residential facility.
- **Other Supported Overnight Stays**  
Staying in a non-facility supported environment. This flexible option is neither a home or facility based stay and may be where a person receives support funds towards a stay at an accessible motel or caravan park.
- **Social Groups and Evening Activities**  
Participation in social groups or activities that take place outside the home.
- **In-home Support**  
Support provided in the person's home. This can include many different types of support including active overnight support.

## CONTACTS

### EMERGENCY RESPITE

#### Barwon Health Carer Respite & Carelink Services

1800 052 222

#### Disability Information and Support

1800 783 783

### HOME AND COMMUNITY CARE (HACC) CONTACTS

#### Corangamite Shire Council

Camperdown

(03) 5593 7100

#### Glenelg Shire Council

Portland

(03) 5522 2204

#### Moyne Shire Council

Port Fairy

1300 656 564

#### Southern Grampians Shire

Hamilton

(03) 5551 8480

#### Warrnambool City Council

Warrnambool

(03) 5559 4800

### SOUTH WEST REGIONAL

#### Barwon Health Carer Respite & Carelink Services

1800 052 222

#### Brophy Family & Youth Services

(03) 5561 8888

#### DASSI

1300 032 774

#### Gateways Support Services

(03) 5562 8271

#### Mackillop Family Services

(03) 5278 9211

#### Mpower Inc

(03) 5561 8111

#### Sage Hill Carers Service

(Psychiatric Disability)

(03) 5560 3000

#### Vista Support Services

(03) 5234 3212

#### WDEA

(03) 5561 2579