



A guide for Carers of Frail Aged and People with Dementia

A South West Carer & Respite Services Network Initiative

This brochure is supported by funding from the Commonwealth
and Victorian Governments under the HACC program.

www.respitebarwonsouthwest.org.au

ARE YOU A CARER?

A carer is a family member or friend who provides unpaid care to a person who is frail aged, has dementia, a disability, is palliative or has a mental illness.

What is Respite?

Respite provides an opportunity for unpaid Carers to have 'timeout' from their usual caring role and to focus on their own needs. Respite care may also assist the person who is cared for to explore different options and opportunities within the community.

Why is Respite Important?

Respite helps to maintain a positive relationship between the unpaid Carer (family, friend, and neighbor) and the individual they care for.

What options are available for Carers?

- **Emergency Respite**
Emergency, unplanned care that is used when Carers are unable to provide immediate care in a crisis or emergency situation.
- **Facility Based or Residential Respite**
Based in aged care facilities located throughout the South West and other regions of Victoria.
- **In-Home Care**
Respite can be provided in your own home, eg. personal care or home help. Services are provided by local councils, nursing services, specialist services or by private attendant care agencies. In-home respite is usually provided for a few hours but can be arranged overnight in extreme circumstances.
- **Centre Based Respite**
Day programs which offer regular day activities with a social or recreational focus, eg. adult day activity support services, day centre's. These provide Carers with a planned break during the daytime.
- **Recreation & Leisure Activities**
Assistance is given to enable older people or people with disabilities to make friends and take part in recreational activities or group recreation programs.
- **Flexible Respite/Brokerage Support**
Provide coordination and possible funding to enable access to needs based respite options.

CONTACTS

Aspire, Sage Hill Carers Service

(03) 5560 3000 (psychiatric disability)

Emergency Respite

Barwon Health Carer Respite & Carelink Services

1800 052 222

Flexible Respite Options

Barwon Health Carer Respite and Carelink Services

1800 052 222

Lyndoch Living Carer Support Program

(03) 5561 9300

Lyndoch Living Community Respite

(03) 5561 9300

Mpower, Carer Support Program

(03) 5561 8111

Overnight Weekend/Midweek Respite

Lyndoch Living, The Homestead

(03) 5561 9300

Veterans Affairs Home Care

Freecall

1300 550 450

Villa Maria Western Community Services

(03) 5352 2317

South West Carer Respite Program

(03) 5559 4800

HACC CONTACTS

(Home and Community Care)

Corangamite Shire Council

(03) 5593 7100

Camperdown

Glenelg Shire Council

(03) 5522 2200

Portland

Moyne Shire Council

(03) 5562 2600

Port Fairy

Southern Grampians Shire

(03) 5551 8480

Hamilton

Warrnambool City Council

(03) 5564 7800

Warrnambool

SUPPORTED RESIDENTIAL SERVICES

(Respite at an SRS is not Govt. subsidised and an aged care assessment is not required)

Seaview House

Portland

(03) 5522 1160

Themar Heights

Warrnambool

(03) 5562 0334

AGED CARE FACILITIES - RESIDENTIAL RESPITE

(Numbers with the phone number **1800 052 222** have their bookings made through Barwon Health Carer Respite & Carelink Services. All other facilities take their own bookings)

To access residential respite, the person needs to have a current Aged Care Assessment giving them eligibility for this. To contact the **Aged Care Assessment Service - PH: 5561 9351**

WARRNAMBOOL REGION - LOW LEVEL

Gillin Park

Warrnambool

1800 052 222

Lyndoch Living

Warrnambool

1800 052 222

Mercy Place

Warrnambool

(03) 5564 2800

CORANGAMITE SHIRE - LOW LEVEL

Heytesbury Lodge Cobden	1800 052 222
May Noonan Hostel Terang	1800 052 222
Merindah Lodge Camperdown	1800 052 222
Skipton Nursing Home & Brigadoon Hostel Skipton	(03) 5350 1100
Timboon Health Care Timboon	1800 052 222

MOYNE SHIRE - LOW LEVEL

Abbeyfield House Mortlake	(03) 5599 2756
Moyneyana House Port Fairy	(03) 5568 1000

GLENELG SHIRE - LOW LEVEL

Bupa Portland Portland	(03) 5523 4401
Edgarley Home Casterton	(03) 5581 1211

SOUTHERN GRAMPIANS SHIRE - LOW LEVEL

Eventide Lutheran Homes Hamilton	(03) 5572 2988
Grange Residential Care Services Hamilton	(03) 5551 8257
Kolor Lodge Penshurst	(03) 5552 3000
Mackie Court & Wannon Hostel Coleraine	(03) 5575 2368
The Birches Hamilton	(03) 5551 8329

AGED CARE FACILITIES - HIGH LEVEL RESIDENTIAL RESPITE

Bupa Portland Portland	(03) 5523 4401
Eventide Lutheran Homes Hamilton	(03) 5572 2988
Grange Residential Care Services Hamilton	(03) 5551 8257
Lyndoch Living Warrnambool	1800 052 222
The Birches Hamilton	(03) 5551 8329
Timboon Health Care Warrnambool	1800 052 222

ADULT DAY CENTRES

CORANGAMITE SHIRE

Cobden Adult Day Centre Cobden	(03) 5558 6049
David Newman Day Care Centre Camperdown	(03) 5593 2717
Lismore Adult Day Centre Lismore	(03) 5558 3006
Skipton Adult Day Centre Skipton	(03) 5340 2471
Terang Adult Day Centre Terang	(03) 5592 0281
Timboon Adult Day Centre Timboon	(03) 5598 6049

GLENELG SHIRE

Casterton Memorial Hospital Casterton	(03) 5554 2555
Kurrajong Adult Day Centre Portland	(03) 5522 2204
Riverwood Adult Day Centre Heywood	(03) 5522 2204

GLENELG SHIRE (Continued)

Dartmoor Bush Nursing Centre (03) 5528 1381
Dartmoor

MOYNE SHIRE

Koroit Health Service (03) 5565 8410
Day Centre Koroit

Macarthur Community Health (03) 5552 2000
Macarthur

Mortlake Health Service (03) 5558 7000
Day Centre Mortlake

**Moyne Adult Day
& Support Services** (03) 5568 0157
Port Fairy

SOUTHERN GRAMPIANS SHIRE

ADASS - Frances Hewett (03) 5551 8450
Hamilton

Balmoral Bush Nursing Centre (03) 5570 1304
Balmoral

Coleraine District Health Service (03) 5553 2000
Coleraine

Coleraine District Health Service (03) 5579 1303
Merino

Sheppard Community Centre (03) 5552 3000
Penshurst

WARRNAMBOOL

Archie Graham (03) 5564 7920
Warrnambool

Gunditjmara Aboriginal Co-op (03) 5564 3333
Warrnambool

Lyndoch Living Day Centre (03) 5561 9300
Warrnambool

Lyndoch Living Day Stay Program (03) 5561 9300
Warrnambool

Vision Australia (03) 5561 2222
South West

OTHER SERVICES AVAILABLE

There are many other services available to support Carers of people who are aged or have dementia 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

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



Wendy Jones (03) 5561 8127

Email: wjones@mpower.org.au

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