

## Southern Grampians Shire

Hamilton

**(03) 5551 8480**

## Warrnambool City Council

Warrnambool

**(03) 5559 4800**

## YOUNG CARER SUPPORT PROGRAMS

### Barwon Health Carer Respite & Carelink Services

South West

**1800 052 222**

(Young Carers (under 25) at risk of leaving education as a result of their primary caring role - flexible respite options)

### Sage Hill Young Carers Program

South West

**(03) 5560 3000**

(6-16 years social recreation program)

## OTHER SERVICES AVAILABLE

There are many other services available to support Carers of people with a mental illness 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

For support and referral information please contact

**Barwon Health Carer Respite & Carelink Services**

1800 052 222

**Aspire, A pathway to mental health**

(03) 5560 3000

**Aspire/Sage Hill Carers Service**

(03) 5560 3000



**A guide for Carers of People  
with a Mental Illness**

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

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



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[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 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 a '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, neighbour) and the individual who they care for.

### What Options are Available for Carers?

- **Emergency Respite**  
Emergency, unplanned care used when carers are unable to provide immediate care.
- **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, specialist providers or by private attendant care agencies. In-home respite is usually provided for a few hours but can be arranged overnight in extreme circumstances.
- **Planned Respite Care**  
Respite care for people with a diagnosed psychiatric disability using existing services to provide a range of options eg. Recreational activities and programs, residential and community services.
- **Young Carers**  
Young carers are children or young people in full time education and who are the primary carer for a family member who has a disability, chronic illness, mental health issue is frail aged or has an alcohol or other drug problem. Young carers can be caring for parents, siblings, grandparents or other relatives.

## CONTACTS

### Aspire, A Pathway to Mental Health

South West  
(03) 5560 3000

### Aspire Camperdown Office

Camperdown  
(03) 5557 0000

### Aspire Hamilton Office

Hamilton  
(03) 5571 9980

### Aspire Portland Office

Portland  
(03) 5521 7203

### Aspire/Sage Hill Carers Service

South West  
(03) 5560 3000

### Aspire/Thyme Cottage

South West  
(03) 5560 3000

### Barwon Health Carer Respite & Carelink Services

South West  
1800 052 222

### Camperdown Mental Health Service\*\*

Camperdown  
(03) 5593 6000

### Gunditjmara Aboriginal Co-op

Warrnambool  
(03) 5564 3344

### Hamilton Mental Health Service\*\*

Hamilton  
(03) 5551 8418

(\*\*clients/person being cared for must be registered with Mental Health Services to receive assistance)

## MIND

South West  
(03) 5500 1000

### Mpower Carer Support\*

South West  
(03) 5561 8111

### Portland Mental Health Service\*\*

Portland  
(03) 5522 1000

### South West Carer Respite Program

South West  
(03) 5559 4800

### The Western Region Alcohol and Drug Centre (WRAD)

South West  
1300 009 723

### Warrnambool Mental Health Service\*\*

Warrnambool  
(03) 5561 9100

## IN-HOME CARE (HACC)

### Corangamite Shire

Camperdown  
(03) 5593 7100

### Glenelg Shire

Portland  
(03) 5522 2200

### Moyne Shire Council

Port Fairy  
1300 656 564