



# Carer Support

## Program

- Home and Community Care (HACC) funding to support carers through counselling/support, information and advocacy (CSIA)
- Enables carers to socialise and take a short respite break from their caring role
- Monthly support meetings with a wellness approach
- One-on-one support – in person, phone or email
- Respite is offered to care for recipients so carers can attend support meetings
- Transport is offered to enable carers who otherwise are unable to travel to and from their support meetings or outings
- Regular workshops, training and engaging activities
- Culturally and linguistically diverse (CALD) groups
- Metropolitan and Regional areas – refer to overleaf for details

## Eligibility

- Care recipient must be HACC eligible for the carer to receive services
- The care recipient does not need to be receiving HACC services

## Program locations

Metropolitan Perth, Regional areas of the South West, Great Southern, Wheatbelt

## Key contact

T. 1800 441 014

E. [wacarersupport@redcross.org.au](mailto:wacarersupport@redcross.org.au)

# Red Cross Carer Support Groups – Metro and Regional

GROUP NAME	DAY	TIME
ALBANY	1st Thurs	10.30am - 12.30pm
ALKIMOS	3rd Mon every 2nd month	10.30am - 12.30pm
ARMADALE	3rd Wed	10.00am - 12.00pm
AUSTRALIND	4th Wed	11.00am - 1.00pm
BASSENDAN	2nd Mon	10.30am - 12.30pm
BELMONT	2nd Mon	10.30am - 12.30pm
BUNBURY	3rd Tues	1.00pm - 3.00pm
BUSSELTON	Last Monday each month	1.00pm - 3.00pm
CARLISLE	2nd Tues	1.00pm - 3.00pm
COLLIE	3rd Thurs	1.00pm - 3.00pm
DIANELLA	4th Fri	10.00am - 12.00pm 12.30pm - 2.30pm
DONNYBROOK	2nd Tues	12.00pm - 2.00pm
ETHNIC DISABILITY ADVOCACY CENTRE (EDAC)	3rd Wed	10.30am - 12.30pm
EVENING GROUP	2nd Mon	6.30pm - 8.30pm
FORRESTFIELD	2nd Fri	10.30am - 12.30pm
GOSNELLS	4th Wed	10.00am - 12.00pm
HARVEY	2nd Wed	10.30am - 1.00pm
ISHAR MULTICULTURAL WOMEN'S HEALTH CENTRE	Wed	Call 9225 1915 for times
KOJONUP	1st Wed	12.30pm - 2.30pm
MANDURAH	1st Thurs	10.00am - 12.00pm
MANJIMUP	3rd Wed every 2nd month	10.00am - 12.00pm
MELVILLE	2nd Mon	10.00am - 12.00pm
MOORA	1st Thurs	10.30am - 12.30pm
NORTHAM	4th Mon	10.30am - 12.30pm
OLIVE TREE HOUSE	4th Fri	10.30am - 12.30pm 12.30pm - 2.30pm
ROCKINGHAM	3rd Mon	10.30am - 12.30pm
WARWICK	1st Wed	10.30am - 12.30pm 1.00pm - 3.00pm
WILLETTON	2nd Fri	1.00pm - 3.00pm
YANCHEP	4th Mon	10.30am - 12.30pm

**For more information please call 1800 441 014**