

Supporting Carers

Commonwealth Respite
and Carelink Centres

An Australian Government Initiative



the
power of
humanity



CRISIS . CARE . COMMITMENT

Are you a Carer?

Do you need support?

A **Carer** is someone who provides voluntary care for a family member, friend or neighbour who has a disability, mental illness, dementia, terminal illness or is frail aged.

Respite Care provides Carers with one-off short term emergency respite, and / or a planned break from their caring role, and can include:

- A qualified person coming into the home so the carer can go out
- In-home assistance with meal preparation, cleaning and shopping
- Out-of-home / residential respite care.

The Commonwealth Respite and Carelink Centre provides information, fee estimates, referral and advice on a full range of respite care services.

Freecall *1800 052 222

*Calls from mobile phones are charged at mobile rates.

- National Relay Service for hearing impaired 1800 555 677
- Speech-to-Speech Relay 1800 555 727 then ask for 1800 052 222
- Translating and Interpreting Service (TIS) – 131 450

www.respite.redcross.org.au

My Aged Care provides information specifically for older people, their families and Carers.

Freecall *1800 200 422

*8 am – 8 am Mon-Fri , 10 am – 2 pm Sat

www.myagedcare.gov.au

NDIS provides support to improve the social and economic wellbeing of people who have a disability, their families and carers.

www.disability.wa.gov.au

www.redcross.org.au