

Useful contacts

Aged Care Assessment Service (ACAS)

ACAS provides care assessments and information about services for frail older people who may need help to remain living at home.

North West ACAS 8387 2129
Western ACAS 8345 1246

Commonwealth Carelink Centre

Information centres for older people, people with disabilities and those who provide care and services. Centres offer free and confidential information on community aged care, disability and other support services.

1800 052 222

Elder Rights Advocacy

A free and confidential service promoting the rights of people receiving aged care services.

1800 700 600
www.agedrights.asn.au

Emergency After Hours Response Service (EARS)

Provides emergency in-home respite care and telephone support.

5pm – 9am Monday to Friday, and 24 hours on weekends
1800 727 280

Carers Victoria Respite Connections

Supporting family carers living in the local government areas of Brimbank, Hobsons Bay, Hume, Maribyrnong, Melbourne, Melton, Moonee Valley and Wyndham.

We are funded by both the Victorian and Australian governments to offer a range of specialist programs including: Aged, Disability, Mental Health, Carers @ Work and Young Carers.

To find out more please call (03) 9396 9550

Carers Victoria Respite Connections
Level 1, 37 Albert Street (PO Box 2204)
Footscray 3011

TEL (03) 9396 9550
FAX (03) 9396 9555
TTY (03) 9396 9587
EMAIL rc@carersvic.org.au
www.carersvic.org.au

Do you need an interpreter?
Call 131 450 (local call costs apply)

How to find us



Melway map 42 C5

Caring for someone who is aged or has dementia?



Supporting family carers
in Melbourne's West



Respite
Connections



Who do we help?

People who are caring for a relative or friend who has dementia or who is over 65 and frail.

The person being cared for may live with you or live independently.

Looking after yourself

When you are looking after someone else it can be easy to forget about your own health and well-being. As a result, there may be times when it is difficult to care for your relative or friend.

Having a break or some time to yourself can benefit both you and the person you are caring for. This is called respite.

Respite can be different things to different people

Some respite options may be:

- A worker coming to your home for short periods to look after the person you are caring for. This can give you some time to relax or go out.
- An activity for the person you are caring for, which has social and recreational benefits, which takes place outside your home.
- An overnight stay or longer for the person you are caring for, in a residential care setting.



How can we help?

- ✓ We offer support and give you the chance to talk to someone
- ✓ We arrange respite and may be able to help with the costs
- ✓ We give workshops on topics of special interest to carers
- ✓ We provide information about appropriate respite vacancies in aged care settings
- ✓ We link you to additional services that may be able to help
- ✓ We put you in touch with carer support groups where you can meet other people in similar situations

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