

Carers @Work

We can help working carers of someone with dementia or a frail aged person by linking them to respite services to support their caring role

9396 9550



Are you

- *caring for someone with dementia or a frail aged person who lives at home, or with you?*
- *currently working, or have a definite plan to return to work?*
- *living in the Western Metropolitan Region of Melbourne?*
- *finding it hard to balance your work and caring responsibilities?*

There may be times when it is difficult to care for your relative or friend. Your own health and well-being are very important. Having a break or some time to yourself can benefit both you and the person you care for. This is called **respite**.

Examples of respite *fees may apply*

- **Social group outings**
Small group outings in the community assisted by a worker
- **Day respite**
In a hostel or nursing home, or other centre
- **Planned in home respite**
A respite worker can provide short periods of care and company at home
- **Emergency in home respite**

If you would like to talk to us about the Carers @ Work program, call **9396 9550**.

If you need an interpreter, call **131450**.

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English

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