ABOUT THE PROGRAM:

This program provides a respite option for carers of Greek speaking background who reside in the Southern Metropolitan Region of Melbourne.

The program offers a range of meaningful activities that support independence and active ageing while providing a fun and interactive environment. Qualified and experienced staff work with participants to maximize their participation in the group and within the community in general.

Participants actively contribute to the development of activities which focus on their individual interests.

HIGHLIGHTS INCLUDE:

- Light exercise and walking programs
- Dancing and musical entertainment
- Reminiscing and celebrating days of cultural significance
- Gaining knowledge about other communities and health related services
- Participating in literature, poetry and sharing stories, talents and skills
- Meeting new people and developing new friendships

ELIGIBILITY: To be eligible for this program you must be residing in the Southern metropolitan region of Melbourne, caring for a person with low level care needs or mild cognitive impairment, who is: of Greek speaking background & over the age of 65.

PROGRAM DAY/TIME: Wednesdays 9.30am-2:00pm

VENUE: Kingston Soccer Club - The Grange Reserve
Osborne Avenue, Clayton South 3169

MEALS: Morning tea, a Greek midday meal and afternoon tea are provided

TRANSPORTATION: there is no transport option for the CBR program

COST: $8 per session

For more information:

Contact: Centre Based Day Respite Coordinator
Ph: (03) 9552 4145
Email: info@fronditha.org

In collaboration with Alfred Health Carer Services Flexible Respite Program