Home Support Program

Respite for older people, those with dementia and their carers

Commonwealth Home Support Program

Alfred Health
Carer Services
“I’ve not been as active since I had a fall. I enjoy my time at the aged care facility mixing with other people and doing some activities. We have a little choir and I like the craft.”

Robin
Everyone needs to look after themselves

Sometimes we need help from family, friends or community groups. If you are an older person or have dementia; the Home Support Program provides an opportunity to do things you enjoy with additional support.
The Home Support Program lets you

Connect with other people

• Take part in regular outings in a safe and caring environment
• Enjoy interesting activities and meet other people

Re-connect with your hobbies and interests

• Do things you enjoy with support from a care worker
• Take a break from others

Do you have a Carer?
Home Support and Respite Care for you gives your Carer some personal time
• To attend to their health and hobbies or have a rest
• Arrange and attend regular social occasions and activities
• Spend time with family
• Support their working life

“My respite carer is a delight. She is punctual, helpful, caring, interested, remembers what is happening for me and puts me first. She is a treasure.”

Helena
Home support options
We deliver home support to you in a variety of ways:
• At your home
• In a centre
• In the community
• Regular and planned
• One-off and emergency respite

Home Support areas
We organise respite in these council areas:
Port Phillip    Bayside
Frankston      Mornington Peninsula
Glen Eira      Kingston
Stonnington    Greater Dandenong
Casey          Cardinia

Open up this brochure for more details
We offer a safe and supported environment for diverse needs. Services may vary depending on where you live and the kind of assistance you require.
Who can access this service

- Older people aged 65 years and over or 50 years and over for Aboriginal and Torres Strait Islanders
- Have difficulty performing daily living activities without help
- Live in the Southern Metropolitan Region

There is a small fee

The amount you pay is based on your income. Fees can vary depending on the service you use.

You will need a referral

Call My Aged Care and ask for a referral to the Commonwealth Home Support Program.

1800 200 422*

www.myagedcare.gov.au

Further questions?


03 9076 4300

Ask for an interpreter to speak in your language

*Freecall except from mobile phones

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HOME SUPPORT PROGRAM RESPITE OPTIONS

These are all the options available through our service. Turn over for details on how to get a referral.

Commonwealth Home Support Programs can take place either in your home, in centres or in the community.

You can choose group sessions for a more social experience or have an experienced care worker come to your home.

CENTRE BASED RESPITE
Outings and structured group activities held in a purpose built centre.

<table>
<thead>
<tr>
<th>For Older Greek People</th>
<th>Community Activity Group</th>
<th>Residential Day Respite</th>
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<tbody>
<tr>
<td>Attend an activity centre.</td>
<td>Attend an outing in a group.</td>
<td>Attend a local aged care home.</td>
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<tr>
<td>For those from a Greek speaking background, with Dementia, and over the age of 65.</td>
<td>For those experiencing the early stages of dementia.</td>
<td>These centres are relaxed and comfortable. There are regular group outings and activities to develop new friendships.</td>
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<tr>
<td>Get together with others from your community and enjoy Greek food and activities like dancing, music, cultural memories, literature and music.</td>
<td>These two programs suit physically active people who want to get out of their house and get involved in the community.</td>
<td>Take the opportunity and book into other services the centre offers; like hairdressers, podiatry and physiotherapy. Extra charges will apply.</td>
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<tr>
<td>Wednesdays 9.30am – 2.30pm Clayton South</td>
<td>Give it a Go For people UNDER 70 years old Every Wednesday 10.00am – 3.00pm</td>
<td>“I go weekly and have made a few friends there. It gives me and my carer (daughter) a break and means she can keep working.” John</td>
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<td></td>
<td>Let’s Go for Coffee For people OVER 70 years old Every Thursday 9.30am – 3.30pm</td>
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<td>Delivered in partnership with Fronditha Care for residents within the Southern Metropolitan Region.</td>
<td>Delivered in partnership with Central Bayside Community Health Services for residents within the Southern Metropolitan Region.</td>
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FLEXIBLE IN-HOME RESPITE
Individual support in your home or the home of one of our qualified hosts.

Greek Host Family Day Respite To Steki Tis Hara
For those from a Greek speaking background, with Dementia, and over the age of 65.
A day of leisure and social activities in a home environment, with home cooked traditional meals and a variety of activities. Your host speaks Greek and is supported by a qualified care worker.
Every Thursday 9.30am – 3.00pm
Delivered in partnership with Fronditha Care for residents within the Southern Metropolitan Region.

Give it a Go
For people UNDER 70 years old
Every Wednesday 10.00am – 3.00pm
Let’s Go for Coffee
For people OVER 70 years old
Every Thursday 9.30am – 3.30pm

Respite can give people who do not have family support and the sole carer a chance to have a little time for themselves and increase their level of independence.” Patricia

Day Respite in your Home
Individual support in your home on a weekly basis or more flexibly.
We will listen to your preferences and needs. We then match you with a qualified care worker who will come to your home. We can arrange for a care worker who speaks your language or comes from the same cultural background. They will join you in activities and make sure you still feel independent and part of your community.

COTTAGE RESPITE
A weekend away from home for people aged 65 years and over.

Stay in a cosy home environment with a small group of people with similar interests and care needs. Enjoy leisure activities and outings to local places of interest. Trained staff provide continual support.

“The best thing for me at Cottage respite is the companionship of others my own age, the care provided by the staff & being able to have a change of scenery.” Steve