

3.3

What respite options are available for older adults?

What is respite?

Respite provides a person with a disability time away from their carers so that they can enjoy a positive experience while their carers have a break.

This doesn't have to be based in a centre and it doesn't have to be titled 'respite'. For example, someone spending time at a recreational activity may be classed as respite for carers.

Respite Connections in the western suburbs or **Commonwealth Respite and Carelink Centre, Carer Links North** in the northern suburbs is your first stop to finding all of the respite options available in your area. Their number is 1800 059 059 and they offer telephone information and support. They also have a respite finder online

www.respitenorthandwest.org.au

What other respite options are there?

The **Royal District Nursing Service (RDNS)** may be able to help you with medical care for high support medical needs. Call 1300 627 265 to speak to your nearest RDNS office.

What is Home And Community Care (HACC)?

Your local **Council** has services that fall under **Home And Community Care (HACC)** and are available to people with a disability.

HACC services include:

Respite care - Any activity that provides a carer with a break from their caring role

Home care – Assistance in your home with housework and shopping

Personal care – Assistance with personal hygiene eg showering, dressing

These services do incur a cost and this is calculated depending on your income.

To talk to someone regarding an assessment contact your local council and ask to speak to HACC Care Assessment Team. You may also like to read information sheet 4.7 of this kit 'How do I access my local council'

What if I don't speak English and/or want a culturally specific service?

The **Migrant Resource Centres (MRC)** provides both in home and centre-based respite for older people from culturally and linguistically diverse (CALD) backgrounds. The centre-based respite can include transport to and from the venue as well as culturally appropriate food during the day.

Northern Migrant Resource Centre
Preston, 9484 7944
Migrant Resource Centre North West Region
St Albans 9367 6044
Migrant Resource Centre
Head Office 93913355

Action on Disability within Ethnic Communities (ADEC) may also be able to help you call them on 9480 1666.

You may like to read information sheet 4.1 of this kit 'Do you speak a language other than English.'

If you need emergency respite you can call:

**Commonwealth Respite and Carelink Centre,
CarerLinks North and Respite Connections
DHS Intake & Response
Annecto (Emergency After Hours Respite Service)**

**1800 059 059
1800 783 783
1800 727 280**