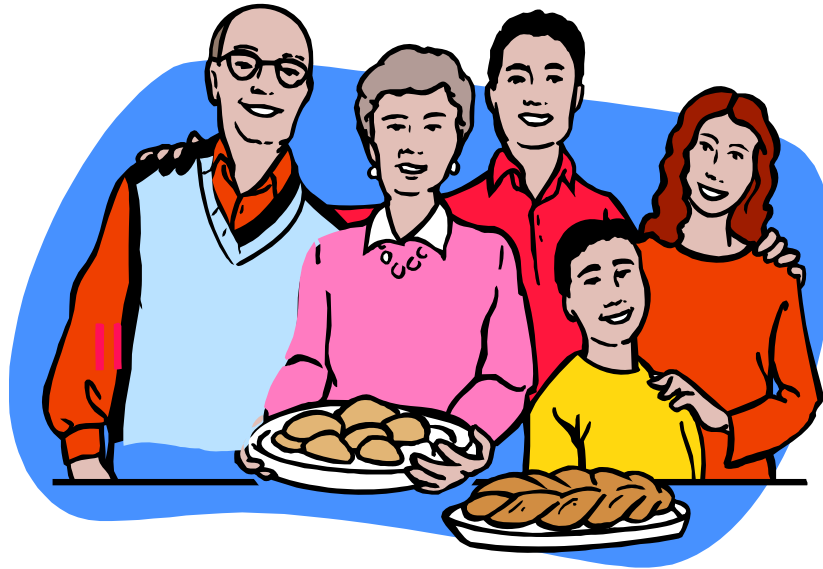


Macarthur Respite Options



DEVELOPED BY – MACARTHUR/WINGECARRIBEE HACC DEVELOPMENT PROJECT

A Macarthur Disability Services Project - “DEFYING BOUNDARIES”

Phone: 4621 8400 Fax: 4628 4006
Email: hacc@mdservices.com.au

INFORMATION SERVICE: 1800 683 232

HACC is a State and Federally funded program



MARCH 2009

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DISCLAIMER

Every care has been taken in the preparation of this booklet and the information it contains is believed to be accurate. However, numbers are subject to change. If, for any reason, you have difficulties contacting any service please phone our **Information Service on 1800 683 232** for assistance.

The Macarthur HACC Development Project cannot be liable for any error or omission in this publication or for damages arising from the supply, performance or use of any service and makes no warranty of any kind, either expressed or implied in relation to this document.

IMPORTANT

IF SERVICE IS NOT PROVIDED TO CLIENTS IN ACCORDANCE WITH THE INFORMATION IN THIS BOOKLET, PLEASE CONTACT THE MACARTHUR HACC DEVELOPMENT WORKER ON 1800 683 232 SO WE HAVE THE CHANCE TO FIX THE PROBLEM IF POSSIBLE.

THANK YOU TO ALL THE SERVICES WHO ASSISTED IN THE DEVELOPMENT OF THIS MANUAL.

THIS BOOKLET WILL BE UPDATED EVERY JANUARY

ACRONYM GLOSSARY

The following is a list of acronyms (words shortened to first letters only) which are constantly used throughout this book.

CP	Community Participation
DADHC	Department of Ageing, Disability and Home Care
DOCS	Department of Community Services
DSA	Disability Services Australia
DSP	Disability Services Program
HACC	Home and Community Care
MDSI	Macarthur Diversity Services Inc.
MDS	Macarthur Disability Services
MDTFC	Macarthur District Temporary Family Care
SSWAHS	Sydney South West Area Health Service
SWS CCRC	SWS Commonwealth Respite and Carelink Centre (CRCC)

WHAT IS RESPITE?

Respite is “Time Out”

Respite Services care for a loved one while the usual carer has a break. Services may be for an hour, a day or even a weekend, depending on the need and what the service provides. Services can be provided:-

- ❖ in the person’s home
- ❖ at a centre
- ❖ outside the person’s home
- ❖ in groups
- ❖ for individuals

This manual details the respite services available in Macarthur. Services have limited funds, so occasionally may have a waiting list. All services are different – just because you may not get into one, does not mean that you will not get into others.

The services in this manual are funded through a variety of programs including:-

- ❖ HACC (Home and Community Care)
- ❖ DSP (Disability Services Program)
- ❖ DOCS (Department of Community Services)
- ❖ SSWAHS (Sydney South West Area Health Service)
- ❖ DADHC (Department of Ageing, Disability and Home Care)

WHO IS A CARER?

A carer is a family member, parent, partner, significant other, friend or neighbour who provides care on an unpaid basis. The person they support may have a chronic illness, disability, mental illness or may be frail.

Caring is a natural part of life and all people will either provide or require care at some stage of their life. Caring may last a short time or it may last many years. Carers have added responsibilities compared to other people at the same stage of life and sometimes need a break so they can look after themselves too.

Being a carer is often something people don't plan to do - a baby may be born with cerebral palsy; a mother may become frail with age; a husband may have an accident that leaves him quadriplegic; a daughter may develop a mental illness, or a friend may get MS. For many carers it is a 24-hour job that is emotionally, physically and financially stressful. Feeding, bathing, dressing, toileting, medicating, supervising and giving emotional support can leave little personal time for the carer, let alone time for paid work.

There is a positive side to this role though - the knowledge that the person being cared for is in a loving and familiar environment; or that past dedication by that person is reciprocated. Some carers have described it as a privilege to care for someone close to them.

DID YOU KNOW?

There are 2.3 million carers in Australia (with approximately 800,000 in New South Wales) providing 74% of all the assistance clients need.

CARER PAYMENTS

The Government provides financial support to carers through:

- Carer Allowance; and
- Carer Payment

The Carer Allowance is a fortnightly allowance paid by the Commonwealth Government through Centrelink. It gives financial assistance to a person caring for a relative or friend at home. This allowance is payable to people who care for someone assessed as requiring a fairly high level of care – those who are very frail or have severe dementia, for example. It is not income tested and is not treated as taxable income.

Carer Payment provides income support (similar to a pension) to people caring for someone who is in need of constant personal care or supervision at home for six months or more – including frail older people. Carer Payment is income tested. It is not paid in addition to an existing pension.

To apply for either Carer Allowance or Carer Payment contact Centrelink on freecall 13 27 17, speak to your ACAT Assessor on 4654 6322 or contact this service on:

1800 683 232

WHAT IS CARERS NSW?

Carers NSW aims to be a voice for carers and to encourage carers to recognise their own needs. They provide resources and support to carers and enable them to make informed choices. Carers NSW promotes recognition and understanding of carers and try to influence government and policy makers to make changes that will benefit carers.

The vision of Carers NSW is to be the leading voice and support for all carers in New South Wales.

Carers NSW provide many products and services. These include:-

- **Information and Referral** – The Carer Resource Officers provide information, support and referrals regarding services, financial assistance, carer support groups and any other kind of support. Counsellors are also available.
- **Carer Support Kits** – The carer support kits contain a *Carers' Directory of Services*, practical information for caring at home and are available free of charge in English and 10 community languages.
- **Carers News** – A monthly newsletter informs members of the latest developments of carers and is a forum for exchanging information and experiences.
- **Library** – The Tom Fink Library is dedicated to carer specific information and open to the public (borrowing restricted to members).
- **Promoting Carer Issues** – We work to increase the awareness of carers' needs in the general community and amongst service providers.

CARERS NSW – PHONE: 1800 242 636

WHAT IS A CARER SUPPORT KIT?

Almost one in five homes in Australia contain both a carer and a person requiring care.

Providing care to families and friends can be rewarding but very stressful and carers need to take regular breaks to refresh themselves.

In making financial assistance and respite care more available, the Federal Government recognises the important role of carers and their working partnerships with health professionals and other care agencies.

To further assist carers the Federal Government has produced a kit called "Carer Support: Practical Information On Caring At Home". This kit, which is available FREE to all carers, has been designed with the help of the major carer associations and community organisations focusing on specific health conditions.

This kit contains:-

- The Carer's Pathway brochure
- Carer Emergency Plan
- How to Care Safely at Home
- Practical, easy-to-reach fact sheets
- Audio tape featuring Carers Talk and Carers Relaxation

Please remember, the earlier Carers obtain assistance, the better they will be able to cope.

FOR YOUR FREE CARERS KIT

PHONE: 1800 242 636

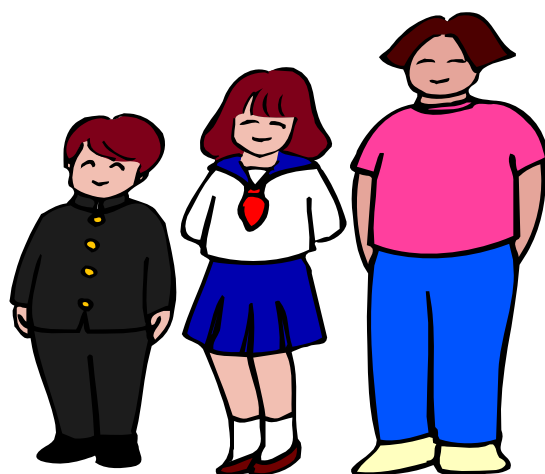
RESPIRE FOR 0 - 5 year olds

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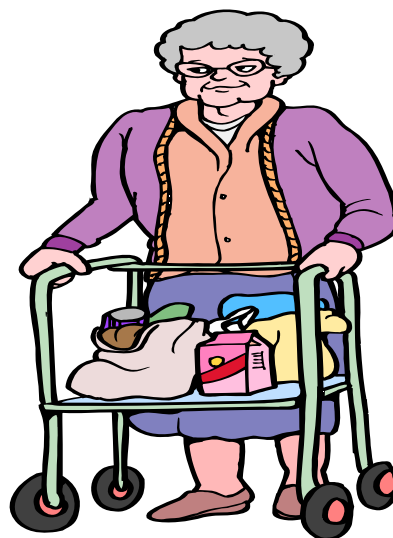
RESPIRE FOR 6 – 18 year olds

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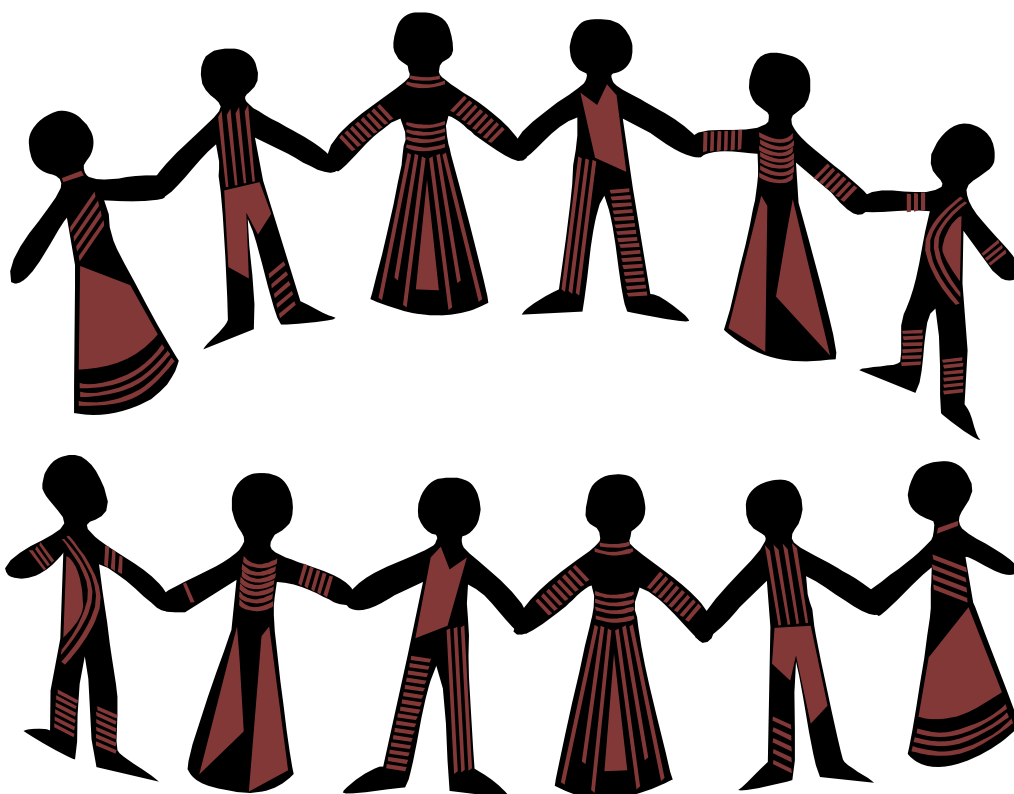
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RESPIRE SPECIFICALLY FOR PEOPLE FROM CULTURALLY DIVERSE BACKGROUNDS

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CARERS SUPPORT SERVICES / GROUPS

These groups do not provide respite however offer local support for carers.

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“Sometimes it’s just nice to talk to someone in the same boat.”

After Hours and Weekend Day Care Service

Camden Hospital
Heritage Building
Menangle Road
Camden 2570

Ph: 4654 6157 Fax: 4654 6470
Referrals: 1800 728 968

Email: Wilma.Ossio@sswahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Carers of people with dementia	Centre based respite	Assessed on an individual basis	Nil at present	Dependent on waiting lists	Prioritised according to need	NRCP C'wealth Dept. of Health and Ageing

Breakaway Minto Heights Respite

26 Howard Road
MINTO HEIGHTS

Ph: 9820 1787 Fax: 9820 3156

Macarthur Respite provides a home away from home for clients. A place where they will be cared for and either continue on with regular weekday activities (i.e. school or work) or use respite as a holiday option.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People aged 12+ who have intellectual and developmental disabilities	Week or weekend	24 hours, 7 days per week	Usually \$15.00 per night	Dependent on waiting list	Intake areas are Campbelltown, Camden, Wollondilly, Liverpool and Fairfield. The house is accessible to people who use wheelchairs for mobility or who have limited mobility.	DADHC

Camden District Activity Centre

82 Broughton Street
CAMDEN

Ph: 4654 6066 Fax: 4654 6068

Email: admin@camdendistrictcare.ngo.org.au

The Centre provides activities for people living in Camden LGA and parts of the Wollondilly area. Consumers are encouraged to share news and any up coming events.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Centre Based Day Care for the Frail Aged in the Camden LGA and parts of Wollondilly.	Day activities including craft, games, gentle exercise, ten pin bowling, carpet bowling, outings, & bingo.	Operates Monday, Tuesday, Wednesday and Friday	Usually \$8.00	Dependent on waiting lists	Morning tea, lunch and transport are included.	HACC/ Camden District Activity Centre

Carrington Community Care

Overnight Respite Program

River cottage and Hillside Units
Werombi Rd
Camden

Ph: 46590335

Fax: 46554358

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Carers of people who are frail aged and those with dementia living in the South West Sydney Region.	Out of home short-term respite in a homelike Cottage environment located in the grounds of Carrington. Includes meals, activities, 24 hour staff, carer support and advice.	Assessed on an individual basis. (Average length of stay is 3 nights).	\$25 per night (meals are provided).	Dependant on waiting list / inhome assessment required.	No ACCR required.	DOHA (National Respite for Carers Program)

Community Connect Respite

Level 2, 58 Kitchener Parade
BANKSTOWN

Tollfree: 1800 822 000 Fax: 9790 6327

Email: Leslie.Ansell@dadhc.nsw.gov.au

Community Connect Respite provides flexible respite to meet the needs of people with disabilities.

Community Connect respite aims to provide:-

- ◆ A planned program of flexible respite, tailored to meet the needs of the individual with a disability and their carers.
- ◆ A range of respite options that include developmental activities, recreational and training opportunities.
- ◆ Services at a range of times that best suits the needs and interests of the consumers.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Adults with disabilities who are over 18 years (incl. Acquired Brain Injury). People who have an ageing carer (55+) and people who live in the Macarthur LGA's.	Day Respite, After Hours Respite and Life Skills training. Camps and outings also available.	Service can be provided 24 hours, 7 days dependent on assessment of needs.	Minimal cost negotiated with clients. Costs associated with outings/ camps at normal rates.	Needs to be assessed then placed on waiting list.	Priority given to people with ageing carers and people not currently having access to any day program/ community access.	DSP

DADHC Macarthur Community Support Team

**Level 3 171 – 179 Queen Street
Campbelltown**

DADHC – Overnight Respite

Ph: 4645 6001 Fax: 4645 6010

Email: kim.munday@dadhc.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Children, Young People and Adults aged 7 to 65 years, who have a Developmental or Intellectual Disability.	Overnight, centre based respite.	3 or 4 day stay either Monday to Friday or Friday to Sunday.	No charge for accommodation. A daily amount is requested to cover outings and personal expenses.	Referrals must be made by a Case Manager (from DADHC or a non-government service) via the DADHC Information, Referral & Intake Team.	Referrals are prioritised and will be addressed within local current resources.	Department of Ageing, Disability & Home Care

Disability Services Australia

Level 6, 171 – 179 Queen Street
CAMPBELLTOWN

Ph: 4620 8170 Fax: 4625 0255

Email: rowens@dsa.org.au or
headoffice@dsa.org.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Adults with a disability who have ageing carers	Provides social and recreational activities for adults with a disability who have ageing carers. Activities provide respite for families and carers.	Monday to Friday	\$10.00 per day	Individual Application and assessment required	Priority given to people with a long-term disability who are not eligible for Community Participation (CP) packages and who are being cared for by ageing carers.	DSP

Hope Healthcare - In Home Dementia Respite

Ph: 9616 8950

Fax: 9616 8837

Contact: Lana Belleville

Email: ana.belleville@sswahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite available to be provided	Cost	Notice/Assessment Required	Important Issues/Priorities	Funding Program and Auspice
HACC. People with dementia and their carers.	Respite for carer.	Up to 4 hours weekly, flexible and adaptable.	Discussed at assessment with carer.	Referral by CIARR or family/carer. Home assessment carried out.	Challenging behaviour, Carer isolation/stress.	DADHC, Hope, Healthcare.

“Janangalee” Aboriginal Day Care

1 Sutton Place
MINTO

Ph: 9820 2022 Fax: 9820 2022

Referrals: 1800 728 968

Email: Larry.Johnson@swwahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
The service is available to Aboriginal people aged 45 years and over living in the Campbelltown LGA	Social activities. In-home service also available.	Monday and Wednesday: Day centre activities including Aboriginal art and craft. Tuesday and Thursday: In-home support.	Nil	Dependent on waiting lists	Transport and meals are provided.	HACC/ SSWAHS

Macarthur Dementia Day Care and

Support Service

Administration: Camden Hospital
Heritage Building
Menangle Road
Camden 2570

Ph: 4654 6157 Fax: 4654 6470
Referrals: 1800 728 968

Email: leonie.nixon@sswahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with Dementia and their Carers who live in the Macarthur area	Day centre activities Carers Support Group meets every 3 rd Monday of the month 1.30 - 3.30 pm at: Narellan Community Health Centre, 14 Queen Street, Narellan	Monday, Tuesday and Thursday at Broughton House Camden. Monday, Wednesday and Friday at Rosemeadow Community Health Centre. Wednesday & Friday at Picton Day Centre, Queen Victoria Memorial Home, Picton.	\$10.00 Transport and meals are provided	Dependent on waiting lists	Must have diagnosis of Dementia.	HACC/ SSWAHS

Macarthur Disability Services

"Trendy Dudes"

138 Queen Street
CAMPBELLTOWN 2560

Ph: 4621 8400 Fax: 4628 4006
Freecall: 1800 683 232

Email: recreation@mdservices.com.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with a Disability with moderate support needs aged 7-15 years who live in Macarthur, Camden and Wollondilly	In-house Group activities, Fun, Social recreation and support for young people with a disability	Thursdays Seniors (Aged: 12 to 18) Saturdays Juniors (Aged: 7-11)	\$5.00	Dependent on waiting lists	No transport provided	DSP

Macarthur District Temporary Family Care

Lot 2-3 Surrey Street
MINTO

Ph: 9603 7011 Fax: 9603 7270

Email: care@ideal.net.au

Macarthur District Temporary Family Care provides high quality care and support for children of families in crisis and high quality respite care for children and adults who have specific needs arising out of a physical and/or intellectual disability.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Families in crisis / Families with a member with a disability from 0–14 years.	General program is an emergency accommodation support service for isolated families who are in some form of crisis.	Short term only – based on need.	Usual charge is based on donation.	Dependent on carer availability.	For families who have no other appropriate supports available to provide accommodation for their children. Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children/adults.	DOCS

Macarthur District Temporary Family Care (cont.)

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Children & adolescents who have a disability from age 0-19 years.	Host family based respite care but home based care is available.	Overnight, ½ day, full day and week-end care available - dependent upon need.	\$5.00 per family per day.	Dependent on waiting list.	Opportunity for flexible respite when no carers available. Funding from other sources may also be available. Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children/adults.	HACC/ DSP

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Adolescents or adults who have a disability aged 15–65 years	Peer support program is aimed at meeting the social, recreational and leisure needs of clients	Based on need and waiting list	Usually cost of activity and \$3-\$5 for transport	Dependent on waiting list	Operates in the Campbelltown, Camden and Wollondilly areas. Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children/adults.	HACC ONLY

Macarthur District Temporary Family Care (cont.)

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with disabilities and their families	Respite access program is aimed at meeting the respite care needs of clients and their families	Based on need and available funding	Nil	Dependent on waiting list	This program provides support where there are no other appropriate services available or previous service provision has broken down. Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children/adults.	HACC/ DOCS/ DADHC

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Pre-school children who have a disability.	Breakaway Playgroup and the two play therapy groups at Minto and Tahmoor try to meet the needs of the children.	Operates one day a week during school term.	Usually \$3.00 per child.	Dependent on waiting lists.	Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children/adults.	HACC/ DSP and MACAAS

Macarthur District Temporary Family Care (cont.)

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Children with a disability and their siblings aged 3-12yrs.	Kidz Club 1 – Children will practice fitness and soccer skills.	Runs every Wednesday afternoon during the school term.	\$2.50 per child per session	Assessment required & own transport required.	Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children.	HACC

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Primary aged children (5–18) with a disability and their siblings.	Sportacular Kids – Children are taught martial arts professionally.	Every Tuesday 5-5:45pm @ Leumeah during school term.	\$5 per child.	Dependent on waiting lists.	Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children/adults	Not funded

Macarthur District Temporary Family Care (cont.)

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Parents/carers of children with disabilities.	"Life Goes On" is a support group which is facilitated by a counsellor and provides an informal opportunity for parents/carers to meet and support each other	One morning per week.	Nil	Dependent on waiting lists.		HACC/ DSP Families in Partnership funding.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Children aged 0-12 years with disabilities and high support needs.	Sunflower Respite Cottage aims to provide a warm and homely environment for children.	Open from Friday 9.00 am to Tuesday 5.00 pm.	\$10.00 per child per day.	Dependent on waiting lists.	Children on medication need to provide a Webster Pack (available at selected chemists in the Macarthur area). Each service program provided by the agency has an assessment procedure that is followed for assessing referrals and placements of children/adults	Childrens' Services / ADD

Macarthur Diversity Services Inc. –
CALD Carers Social Support Group

**32 Lithgow Street,
 CAMPBELLTOWN**

Ph: 4627 1188 Fax: 4628 6068

Email: info@mdsi.org.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Culturally and linguistically diverse (CALD) background Carers within Campbelltown Camden, Wollondilly and the Wingecarribee LGA's.	Respite support with educational interactive and practical support skills.	Second Wednesday of the month.	Carers pay for their own expenses.	Dependent on waiting list.	Every alternative month an outing is organised (Choice of Carers).	Not funded.

Multicultural Aged Day Care Service

Jessie Thompson Building
Browne Street, CAMPBELLTOWN

Ph: 4627 1188 Fax: 4628 6068

Email: info@mdsi.org.au

This centre provides day care activities, respite care and support for people aged 65+ from culturally and linguistically diverse backgrounds (CALD) and their carers in the Campbelltown, Camden and Liverpool (Egyptian only), Local Government area. The program includes transport, morning tea and lunch.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail aged people 65 years of age and over As well as their carers.	The day respite program provides culturally and linguistically appropriate programs for CALD elderly residing in the Campbelltown area. Educational and recreational activities such as craft, gentle exercise, bingo and guest speakers.	Monday – Arabic (1), Egyptian,/Coptic Spanish Tuesday – Arabic (2) Wednesday – Laotian, Filipino (2) Thursday – Filipino (1) Friday – Multicultural, Pacific Islander, Vietnamese	There is a fee for the service. However each application is individually assessed .	Dependent on waiting lists	Light lunch and transport are included	HACC/ Macarthur Diversity Services Inc

Macarthur Diversity Services Inc. –

Multicultural Seniors Group

“The Manse”
32 Lithgow Street
Campbelltown

Ph: 4627 1188 Fax: 4628 6068
Intake and Assessment Officer: Joanna Lysien

Email: joanna@mcsi.org.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People who have Dementia and their carers living in the Campbelltown, Camden and Wollondilly LGA's.	Activities such as craft, gentle exercise, music therapy, and outings tailored to meet the needs of clients needs. Clients have the option of attending once or twice a week.	Tuesday, Thursday and Friday.	There is a fee for the service. However each application is individually assessed .	A referral can be made by service Provider, friend, carer or family member.	Must have diagnosis of Dementia.	HACC

Macarthur Dolphins Seniors Program

Macarthur Disability Services

138 Queen Street
CAMPBELLTOWN 2560

Ph: 4621 8400 Fax: 4628 4006
Freecall: 1800 683 232

Email: recreation@mdservices.com.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with a Disability who are 18 to 80 years of age and live in the Macarthur area. The Macarthur, Camden and Wollondilly	Gentle water exercises designed to increase and maintain mobility and health within a social atmosphere. Relaxation and social interaction.	Wednesdays and Thursdays	\$2.00	Dependent on waiting lists. No transport provided.	Priority according to need.	HACC/ SSWAHS

Macarthur In Home Support Program

Camden Hospital
Heritage Building
Menangle Road
Camden 2570

Ph: 4654 6157 Fax: 4654 6470
Referrals: 1800 728 968

Email: Susan.Faulks@sswahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with Dementia who live alone or are left alone for extended periods on a regular basis.	In-home monitoring service providing visits by staff and volunteers to check the progress with the persons health, self care and daily living tasks.		Nil	Dependent on waiting lists	Priority according to need	HACC

Macarthur Link Up

Macarthur Disability Services

138 Queen Street
CAMPBELLTOWN 2560

Ph: 4621 8400 Fax: 4628 4006
Freecall: 1800 683 232

Email: recreation@mdservices.com.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Young people with a Disability aged 20 years and over living in Macarthur, Camden and Wollondilly.	Interaction for people with a physical or sensory disability, with moderate support needs who decide on new activities to develop new skills and friendships.	Mondays in Campbelltown region. Have own transport and carer.	\$5.00	Dependent on waiting lists.	Priority according to need.	DSP

Myrtle Cottage

6 Bosc Road
INGLEBURN

Ph: 9426 3100 Fax: 9426 3199

Email: info@myrtlecottage.org.au

The purpose of Myrtle Cottage Group Inc is to assist frail aged and younger people with disabilities, people with dementia and their carers, who are at risk of premature or inappropriate institutionalisation, to remain in their homes.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail Aged and younger people with a disability for 32 people in the Macarthur Area.	Diversional Therapy Program	5 hours daily at the centre, this does not include transport times. Office Hours are Monday to Friday 8.30 am to 4.00 pm	Usually \$10.00 plus annual membershi p fee of \$5.00	Dependent on waiting lists	An activity program designed with member input. Activities include craft activities, games, quizzes and guest speakers etc.	HACC/ Myrtle Cottage

Myrtle Cottage (cont.)

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with a physical disability aged between 18 - 60 years for a group of 32 people in the Macarthur Area.	Diversional Therapy & Recreation Program	Wednesdays Friday/Saturday	Dependant on activity	Dependent on waiting lists	Members of the Wednesday program are also able to participate in recreation programs for smaller groups on Friday / Saturdays. Venues such as Bowling, Movies, Restaurants, Snooker, Horse Riding, Swimming, Fishing and Picnics etc.	DSP/Myrtle Cottage

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with dementia and their carers in the Macarthur Area. (Including Appin and Menangle Areas)	(The Bell Program) Respite, support and advice for carers, activities designed to stimulate people with dementia attending the program.	Tuesday, Wednesday, Friday and Saturday at Ingleburn. 8.30 am to 4.00 pm Monday from the Oaks. Wednesday from Mount Annan. Thursday from Bargo.	\$10.00 including transport and meals.	Dependent on waiting lists	Designed to provide activities to people with dementia. Information given to carers to improve their knowledge of dementia.	HACC/ Myrtle Cottage

Myrtle Cottage (cont.)

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with Dementia and their carers in the Camden LGA.	Respite, support and advice for carers, activities designed to stimulate people with dementia attending the program.	Wednesday	\$10.00 including transport and meals.	Dependent on waiting lists	Designed to provide activities to people with dementia. Information given to carers to improve their knowledge of dementia.	HACC/ Myrtle Cottage
People with Dementia and their carers in the Wollondilly LGA. (Excluding Appin and Menangle Areas)	Respite, support and advice for carers, activities designed to stimulate people with dementia attending the program.	Monday and Thursday	\$10.00 including transport and meals.	Dependent on waiting lists	Designed to provide activities to people with dementia. Information given to carers to improve their knowledge of dementia.	HACC/ Myrtle Cottage

Myrtle Cottage (cont.)

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with Dementia and their carers in the Appin Area.	Respite, support and advice for carers, activities designed to stimulate people with dementia attending the program.	Tuesday	\$10.00 including transport and meals.	Dependent on waiting lists	Designed to provide activities to people with dementia. Information given to carers to improve their knowledge of dementia.	HACC/ Myrtle Cottage
People with Dementia and their carers in the Menangle Area.	Respite, support and advice for carers, activities designed to stimulate people with dementia attending the program.	Friday	\$10.00 including transport and meals.	Dependent on waiting lists	Designed to provide activities to people with dementia. Information given to carers to improve their knowledge of dementia.	HACC/ Myrtle Cottage

Narellan Congregational Community Services

49 Lodges Road
NARELLAN

Ph: 4658 1040 Fax: 4648 0720

Email: jeanette@abvn.org.au

Reaches out into the community to meet the needs of frail, isolated, lonely, aged and younger people with disabilities living in their own homes.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail aged, isolated and their carers in the Camden area	Centre based recreational and social activities	Tuesday through to Thursday	Usually \$8.00	Dependent on waiting lists	Tuesdays general support day with a variety of activities. Wednesdays is a mens' group as well as a general group. Thursdays there is a special focus on crafts and activities for men. Transport and meals are provided.	HACC/ Narellan Congregational Community Services

Northcott Society – Flexible Respite Service

99 Rose Street,
LIVERPOOL

Ph: 9600 3924 (Amanda Coskerie) Fax: 9600 3954

Email: amandac@northcott.com.au

The Flexible Respite Program encourages service users and carers/families to develop their own individual responses to the key questions “What would make a difference to you?” and “What do you need to support you in your caring role?”

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People (0-65 years) with disabilities and family/carer. Priority is given to high support individuals and medically frail and/or have severe/profound disabilities.	Day support; 24 hour support. Community recreation and participation. Holiday respite support. Emergency respite support for current clients. Other (as deemed appropriate to the particular circumstances).	Dependent on availability with an average 4 hours per week	\$2.00 per hour up to a max. of \$30.00 in any 24-hour period	By negotiation with Co-ordinator	The service will specifically address the specialised needs of individuals with high support needs due to a medical condition and/or have severe/profound disabilities. Socially isolated with a lack of community support. Families/ Carers getting limited support in carers' role.	DSP Auspiced by The Northcott Society

Picton Day Centre

Queen Victoria Memorial Home
615 Thirlmere Way
Picton

Ph: 4654 6157 Fax: 4654 6470

Email: Leonie.Nixon@sswahs.nsw.gov.au

Referrals: 1800 728 968

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail older persons and people with dementia who live in the Wollondilly shire	Day centre activities and outings	Service operates Tuesday to Friday	\$7.00	Dependent on waiting lists	Transport and meals are provided.	SWSAHS and HACC

Picton Neighbour Aid

65 Menangle Street
PICTON

Phone/Fax: 4677 2695

Email: pna@bigpond.net.au

Picton Neighbour Aid considers itself a helping hand organisation. They operate with caring, trained volunteers who live locally and who want to assist people in their local area.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail Aged, people with a disability and their carers	In-home respite (Home visits Social Support)	Monday to Friday 1 – 2 hours per week	Nil	Dependent on waiting list and availability of volunteer carers	Services the Wollondilly Shire only – not Warragamba	HACC

Note: The 'respite' provided is simply in the form of visiting for a cup of tea and chat. It does not involve any form of specialised care to clients. Neighbour Aid is more social support than respite.

Reslink

Camden Hospital
Heritage Building
Menangle Road,
Camden 2570

Ph: 4654 6157 Fax: 4654 6470

Referrals: 1800 728 968

Email: Wilma.ossio@sswahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Carers of people with dementia who have challenging behaviour living in Bankstown, Liverpool, Fairfield, Camden, Campbelltown, Wollondilly and Wingecarribee LGA's	Provides in-home respite. Access to residential respite In-home education and support Carers Support Group meets 3rd Monday of each month at Broughton House, 80 Broughton Street, Camden	Assessed on an individual basis.	Nil at present	Dependent on waiting list	Resource library available to carers.	Commonwealth Dept. Health Ageing (National Respite for Carers program) SSWAHS

Rosemeadow Frail Aged Day Care

**Rosemeadow Community Health Centre
5 Thomas Rose Drive,
Rosemeadow**

**Ph: 4654 6157 Fax: 4654 6470
Referrals: 1800 728 968**

Email: Leonie.Nixon@sswahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail Aged people over the age of 65 living in the South Campbelltown area.	Provides centre based leisure and recreation programs to suit groups and individual needs. Outings once a month. Access to other Community services/ Organisations.	Operates each Tuesday and Thursday at Rosemeadow Community Health Centre	\$10.00	Dependent on waiting lists	Transport and meals are provided. Client consultation used to assist monthly program development.	HACC/ SSWAHS

Senior Friendship Group

65 Menangle Street
PICTON

Ph: 4677 1826 Fax: 4677 0194

Email: sfg1@wsacci.org.au

The Senior Friendship Group aims to provide fun for the frail aged and respite for their carers.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail Aged living in the Wollondilly Shire area (excluding Silverdale, Warragamba & Mt Hunter areas)	Offers social and recreational programs. Activities include picnics, BBQs, shopping trips, etc.	Operates from Appin (Monday) Bargo (Tuesday) Picton (Wednesday) The Oaks (Thursday) Picton (Friday)	Usually \$7.00	Dependent on waiting lists	Group members plan activities. Transport and meals are provided by the service.	HACC/ Wollondilly Senior Friendship Group

Sunnyfield Flexible Respite

Ph: 4620 0250 Fax: 4620 5109

Email: ria-sws@sunnyfield.com.au or
admin-ria-sws@sunnyfield.com.au

Since 1952, Sunnyfield has been supporting people with a disability and their families. Sunnyfield was started by a group of concerned parents who shared the common goal of creating opportunities for people with an intellectual disability through training, education and supporting environments.

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
<p>People with a disability aged between 0-65 years. Priority is given to ageing carers and families at risk of breakdown. People from culturally and linguistically diverse groups and Aboriginal and Torres Strait Islanders.</p>	Flexible Planned Respite Service.	Service is available 24 hours 7 days depending on assessment	\$150 per year	<p>Intakes in February / March to begin 1st July each year.</p> <p>Funding is for one year only. If further service is required Clients must reapply.</p>		DSP

SWS Commonwealth Respite and Carelink Centre

**Auspice by Anglicare
Cabramatta Community Care Centre**

**During Business Hours: 1800 052 222
After Hours: 1800 059 059**

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Carer's Contribution	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Carers of people who are frail aged, have a disability (physical or intellectual), mental illness, chronic illness. Dementia and Palliative Care.	<p>A) Help organise emergency, short term or planned breaks.</p> <p>B) Emergency in-home respite.</p> <p>C) Bookings for residential respite in aged care facility.</p> <p>D) Provide information about respite care, advice and training.</p>	Assessed on individual need	Varies according to type and length of respite, but no service is declined if carer is unable to contribute.	Advance booking are essential for residential respite, with current ACAT assessment.	<p>Service is available for carers of people with disabilities, frail older people, people who are chronically ill, have a mental illness or those with palliative care needs. Respite as requested by carer.</p> <p>Emergency respite is arranged when carer is sick or hospitalised.</p>	Australian Governments

Transcultural Respite Service

**Camden Hospital
Heritage Building
Menangle Road
Camden 2570**

**Ph: 4654 6157 Fax: 4654 6470
Referrals: 1800 728 968**

Email: Wilma.Ossio@sswahs.nsw.gov.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
People with a language and cultural need.	Placement of bi-lingual workers in day centres to assist with the language and cultural needs of group members.		Nil	Dependent on waiting lists	Priority according to need	COMM

UnitingCare Flexible Respite

Ph: 4647 4643 Fax: 4648 5496

Email: margaretj@unitingagedcarewest.org.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Frail aged and people with a disability living in the Macarthur area.	In-home Flexible Respite.	Average of 3 hours per week.	\$4 per hour.	Dependent on waiting lists.	Priority according to need.	HACC

UnitingCare National Respite Carers Program

Ph: 4647 4643 Fax: 4648 5496

Email: margaretj@unitingagedcarewest.org.au

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
Carers of people with Dementia and Dementia with challenging behaviours.	Respite for carer.	Average of 6 hours per week.	\$5 per hour.	Referral by CIARR or family/carer.	Priority according to need.	Comonwealth Government.

Warragamba Aged Care Service

**Cnr. Weir Road & 14th Street
WARRAGAMBA**

Ph: 4774 2589 Fax: 4774 2411

Target Group	Type of Respite Provided	Amount of Respite Available to be Provided	Cost	Notice/ Assess. Required	Important Issues/ Priorities	Funding Program and Auspice
HACC target group	Day care service provides social, recreational activities and a centre-based meal	One Thursday per fortnight unless high need then weekly 10 am – 2 pm	\$7 per person per day	Immediate start currently available	Two groups of 10 attend alternative weeks. Morning tea, hot lunches and transport are provided.	HACC/ DADHC

WHAT IF A CLIENT HAS A PROBLEM WITH A RESPITE SERVICE?

All services will have their own Complaints Policy. Just ring the service and ask for a copy to be sent (no questions should be asked). You can also ring and discuss the problem with the Co-ordinator.

If you don't feel comfortable doing the above, you can contact the HACC Development Worker on 1800 683 232 and this service will assist you to write a letter of complaint about a HACC service or point you in the right direction. If the problem cannot be solved locally, you can ring the Community Services Division of the NSW Ombudsman on 1800 451 524.

Remember, services need to know if there are problems, so they have the chance to improve.