



## WHAT IS COMMUNITY RESPITE?

Caring for someone can be a valuable and rewarding experience. It can also be stressful and may leave you emotionally or physically exhausted. As a carer, you should try to take regular breaks from your caring role.

Taking a respite break can give you time to do everyday activities, have rest and relaxation or enjoy other leisure activities that might help you deal with

stress. A benefit of this break might mean you can maintain your carer role longer.

MannaCare Community day or overnight respite options are available so you and the person you care for can have a break. You choose what service suits your needs.

## HOW DOES THE COMMONWEALTH HOME SUPPORT PROGRAMME WORK?

The Commonwealth Home Support Programme (CHSP) helps frail, older people living in the community to maximise their independence, through the delivery of timely, high-quality, entry-level support services.

Funded by the Australian Government Department of Health, these services promote wellness, enablement and restorative care.

## WHAT SERVICES ARE OFFERED?

MannaCare offers a high quality range of day and overnight respite options funded by the Department of Health, and in partnership with Uniting Care Life Assist.

Our two on-site centres are Grevillea House and Cassia Day Respite. In-home flexible day respite is also available.

Transport is available on a needs basis and by assessment.

## GREVILLEA HOUSE

### Overnight cottage respite

- Mainly for people with dementia
- Flexible and responsive
- Allowing clients and carers to plan their respite stay how it best suits them
- A single night, or a week or two (60 days per year maximum)
- Purpose-designed and built motel-style accommodation
- Five single rooms with ensuites
- Available 7 days per week, excluding 2 weeks at Christmas

### 'Out and About Group' day respite

Carers have an opportunity to take a break and enjoy time out while engaging in social and wellness activities with other carers.

- Transport provided
- Maintaining care relationships between carers and clients
- Centre-based day respite two Fridays a month in partnership with Uniting Care Life Assist



## **GREVILLEA HOUSE (continued)**

### **In-Home Flexible Respite**

Support is provided in a client's own home by a qualified Community Support Worker.

- Helping people balance life around their care responsibilities and structured to respond to individuals needs
- Support can include outings, transport to and from activities or appointments, as well as your choice of other community engagement opportunities

### **Social Support Groups**

Social Support Group programs provide flexible respite options for people living with dementia or other dementia-related conditions.

- Monday to Friday, and one Saturday a month
- Enhancing clients' quality of life by focusing on 'ability, not disability'
- Maintaining social interaction and skills in a supportive environment
- Programs designed to meet individual strength-based goals, and support needs focussing on maintaining current abilities and promoting independence
- 'Active Service Model' and 'Montessori' approach embedded in all programs providing purposeful and meaningful activities to support engagement and enhance wellness
- Intergenerational community and facility-based involvement with a local primary school
- A cooked lunch, with morning and afternoon tea, is provided
- Grevillea Choir meets monthly, as well as other opportunities, to perform for the wider MannaCare community
- 'Happy Wanderers Group' outings happen weekly on Tuesdays, focusing on community engagement by offering goal-driven social activities in the community; activities include cinema, 'morning melodies' gallery, nursery and garden tours, and going out for lunch
- Saturday Social Group monthly gatherings focus on community engagements by going out for lunch supported by experienced staff, with bus transport provided

### **Saturday Leisure Community Outings**

Social support and community engagement day programs offer twice monthly activity and/or lunch outings with support from qualified staff, with bus transport provided.

- Encouragement for clients to choose an outing based on interests and abilities
- Supported outings and activities
- Two Saturdays a month

### **Short Stay Holidays**

Opportunities are created for carers and care recipients to attend a short stay holiday together, with support staff, in a purpose-built 'house' where they can be together to enhance relationships and connections.

- Twice-yearly, funded short stay holidays
- For carers, care recipients and couples
- Respite resources and full staff support provided

### **Carer Support Programs**

A range of social and wellbeing programs based at Grevillea House for carers and families.

- Monthly carer support group meetings on last Tuesday of the month
- Education, information and support programs offered
- Guest speakers invited on relevant topics
- Twice yearly focus groups to allow carers and care recipients opportunities to provide feedback on all programs
- Respite available



## CASSIA DAY RESPITE

This is a safe 'home away from home' for frail older people who wish to continue living independently at home.

Clients meet new friends while enjoying lunch, socially interacting, sharing in fun and participating in meaningful activities.

- Flexible time for carers who may benefit from a well-earned break
- Meaningful activities tailored to client capabilities and interests
- Half or full-day sessions available, with choice of lunch
- Operating Thursday, Friday and Saturday from 10am to 4pm
- Small group with qualified, experienced and friendly staff to ensure safety
- Program suits clients from cultural and diversified backgrounds
- A daily fee applies
- Transport may be available, and determined by assessment
- Introduction to 'residential respite' in an aged care facility
- Linking clients to other programs within MannaCare
- Hairdresser and exercise classes available

## HOW CAN I MAKE A REFERRAL?

Referrals can be made by calling the My Aged Care contact centre or visiting the My Aged Care website.

 1800 200 422

 [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

My Aged Care is a government initiative for aged care services and information.

MannaCare staff can assist you with this process if needed.



## WHO IS ELIGIBLE FOR RESPITE SERVICES?

All MannaCare community services are available to frail older people living in the Eastern Metropolitan Region and who are:

- aged over 65 years, or 50 years or older and identify as an Aboriginal and/or Torres Strait Islander persons
- aged 50 years and over on a low income and homeless, or at risk of homelessness as a result of experiencing housing stress or not having secure accommodation.

For more information about respite services, call MannaCare.

Grevillea House - 03 9856 1224

Cassia Day Respite - 03 9856 1236



**MannaCare**  
WIDER CHOICES FOR OLDER PEOPLE



371 Manningham Road, Doncaster VIC 3108



Phone: (03) 9856 1201



[contact@mannacare.org.au](mailto:contact@mannacare.org.au)



[www.mannacare.org.au](http://www.mannacare.org.au)