



Inspired Care... Enriching Lives... Together

## *In Home Respite Service*

The In Home Respite Service is designed to support the health and wellbeing of carers through the provision of flexible and responsive in home support. The service aims to provide relief and support to the carer to enable them to continue in their caring role.

### **How do I access the service?**

You can access the service by contacting the UnitingCare Ageing In Home Respite Service on 4967 5172. Alternatively, you can contact HACC Community Care Access Point on 1300 731 556. An assessment will be completed to determine eligibility and appropriateness of the service.

### **Do I need a referral?**

Referrals can be made by anyone including yourself.

### **What types of support can be provided?**

The main focus of respite is in home support. Activities will be planned in collaboration with the individual and the carer, to ensure that the respite program meets their needs and can include:

- Regular or occasional respite in the home
- Meal preparation and assistance with eating
- Leisure and lifestyle activities from home
- Overnight stays for special occasions
- Respite that is flexible to meet the individual's needs
- Social Interaction
- Personal Care
- Medication monitoring
- Light domestic duties

### **What are the costs?**

An affordable fee for services applies. We will discuss fees with you and your family or representative. People who feel financially disadvantaged are not excluded from receiving services, and should discuss this matter with a coordinator.

### **Is there after hours support?**

Yes. A support person will be on call 24 hours a day, 7 days a week. For emergencies please contact the Commonwealth Carer Respite Centre on 1800 052 222.

### **Can I have an advocate?**

An advocate of your choice is welcome during the assessment. If you require an advocate, we can recommend an advocacy service or will contact the advocate/ advocacy service of your choice.

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