



Inspired Care... Enriching Lives... Together

Support for carers through UnitingCare Ageing

UnitingCare Ageing recognises the important contribution thousands of carers make every day to the health and well-being of older people.

Caring for a loved one can be a daunting and often unacknowledged task but it means a lot to the people you care for. Your role provides them with dignity and greater independence than they may otherwise experience as part of the ageing process.

We want to help to support you if and when you need it through our comprehensive range of services. We are the first point of contact for many carers enquiring about entering a loved one into residential care however there are many options other than residential care available for both you and the person you care for.

Some of the services available to you include:

- **Carers Support Groups**

These groups provide opportunities for carers to meet other carers, share stories, enjoy some time to themselves and find out about other information is available to you.

- **Day Centres**

These services provide older people with recreational activities and outings as well as opportunities to socialise with their peers and the wider community while at the same time providing you with a break from your caring role. Different services provide varying levels of care with all Day Centres encouraging healthy ageing and wellness. Transport can be arranged through some services.

- **Respite**

Respite can provide a much needed short break from your caring role for your health and well-being. It can also provide the person you care for with new opportunities to socialise and interact. UnitingCare Ageing has places in low care and high care residential services and can also assist with in-home respite.

To receive respite care in an aged care service an assessment by an Aged Care Assessment Team (ACAT) is required. No medical referral is necessary for in-home respite. For more information on this process please visit <http://www.agedcareaustralia.gov.au/internet/agedcare/publishing.nsf/Content/Being+assessed-1?Open&etID=WCMEXT06-WCME-8A55MU>.

- **Community Care**

A full range of Government funded community care services that support older people and their carers to stay living at home-are provided through UnitingCare Ageing. These include lower level in-home support services through to Community Aged Care Packages (CACP), Extended Aged Care at Home (EACH) and Extended Aged Care at Home Dementia (EACHD) packages for people with more complex needs. Assistance can be provided in areas such as home visits, shopping, personal care, community nursing, domestic assistance and medical appointments.

- **Men's Sheds**

A Men's Shed is a well equipped and supervised workshop where men can learn new skills or hone existing ones, work together on individual or community projects and socialise. Men's Sheds also provide access to other networks including local activities and men's health information.

- **Residential Care**

If you and / or your loved one feel that the time has come to access residential care, UnitingCare Ageing has a wide range of services available to meet your needs. Entry into residential aged care can only occur once an assessment has been received by ACAT.

For more information on services in your local community please email or visit our website:

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