

## Emergency Respite Options

Sometimes you need a break quickly. This can happen through:

- Commonwealth Carer Respite Centres, (still requires an assessment).
- Specialist Palliative Care Units (can provide emergency respite in some situations).

Contact your palliative care service.

## Useful Contact Numbers

### Community Palliative Care Services

- Bethlehem Community Palliative Care Service  
Phone: 03 9596 2853
- Peninsula Home Hospice  
Phone: 03 9783 6177
- South East Palliative Care  
Phone: 03 5991 1300

### Commonwealth Respite and Carelink Centre Southern Region

For emergency & planned respite

Phone: 1800 052 222

Website:

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

If you think you need a break or extra support, please talk to your palliative care worker or your doctor as soon as you can.

# Take a Break

For Carers in the  
Southern Metro Region of Melbourne



# Do you care for someone who is getting palliative care? You would be able to do this better if you took a break every now and then. This is called respite.

## Why would you use it?

If you are looking after someone who is very sick it is important for you to take care of yourself and take breaks so that you can:

1. take care of yourself and your health
2. catch up on lost sleep
3. spend some time with other family members
4. go to activities outside the home, such as shopping, appointments, and have fun doing what you like to do.

## How to get respite

You can get respite in different ways. Sometimes this depends on the area you live in. Talk to your Palliative Care Worker or your doctor, so that the best kind of respite can be found.

## Respite costs

Sometimes respite services are free, sometimes costs are involved, but can partly be paid for so talk to your palliative care worker

## Respite options include:

### In Home Respite

Day /Overnight – can be arranged through

- Your community palliative care service
- Commonwealth Carer Respite Centres
- Local Council Services
- The Department of Veteran Affairs (for people who are able to get this)

### Residential Respite Care

Short term stay away from home (i.e. Nursing Home, Hostel or Supported Residential Services) can happen, but you need an Aged Care Assessment that can take up to six weeks, so plan for this well ahead of time.

### Planned Activity Groups

The person you are caring for can have time with others, doing group activities. This gives you and them a break. Planned Activity Groups are available through your local council.

### Volunteers

Some palliative care services have trained volunteers who will stay with your loved one while you have a break. Talk to your Palliative Care Worker.

## Palliative Care Day Centres are available at:

- Calvary Health Care Bethlehem in Caulfield.
- Fernlea House in Emerald provides services to people living in the City of Casey and Shire of Cardinia.

## Specialist Palliative Care

Some palliative care places in hospitals or hospices take people for respite.

Talk to your doctor or community nurse. You may not be able to get the date you want if there are no beds free.