

If you live in the local government areas of

Hornsby
Hunter's Hill
Ku-ring-gai
Lane Cove
Manly
Mosman
North Sydney
Pittwater
Ryde
Warringah
Willoughby

we can assist
you!

Please call us on our
Free call number
1800 059 059*

*Free call except from mobile phones.
+Mobile calls at mobile rates.

Commonwealth
Carer Respite Centre
1800 059 059

PO Box 564
ST LEONARDS NSW 1590

Tel: (02) 8405 4400
For mobile callers

Fax: (02) 8405 4455
Email: nscarers@nsforum.org.au

For an interpreter call 13 14 50
(translating and interpreter services)



An Australian Government Initiative

Caring for
someone?



Northern Sydney
COMMONWEALTH
CARER RESPITE CENTRE
Linking Carers to Respite

We can give you
a break!

Call us on
1800 059 059

WHO ARE CARERS?

Carers look after family members or friends who are frail aged, have a disability, chronic condition or mental health disorders. Caring can be rewarding but also exhausting so carers need to take a break.

What is Respite?

Respite is a break from the responsibility of looking after someone.

It may be for a few hours, a day, a night or even weeks.

Respite is a way of relieving the stress of being a carer. If you are a carer, making time for yourself is important for your own health and well being.

Where does it happen?

Respite can happen in a variety of settings that suit the carer and the person being supported.

WHAT CAN WE OFFER YOU?

The Commonwealth Carer Respite Centre can provide you with:

- Information and advice about your respite options
- Help with organising emergency, short term or planned respite
- Assistance with meeting the cost of respite if required
- 24 hour respite service in times of crisis or emergency
- Provision of information on residential respite, including respite vacancies in hostels and nursing homes
- Links with carer support groups, and other services that support carers in their caring role

Our Commitment

The Commonwealth Carer Respite Centre is committed to:

- Working with individual carers to plan respite options which suit the needs of the carer and the person they care for
- Offering a well managed and efficient service to carers
- Striving to enable carers to have better access to locally based services
- Assisting in identifying gaps in service provision for carers and raising these with relevant government departments
- Working within national service standards

