

# Respite Services and Support for Carers

**When life is complex, it is good to know that there are services available to help share the load.**

Caring for someone is a big responsibility and it is important to take some time off to focus on your own health and wellbeing. You don't have to struggle alone; there are options available in many locations. Take a day to catch up with friends or attend appointments, or take a longer break knowing that your loved one is enjoying good quality care with Country Health Connect.

## **In-your-home respite**

We can come to the home and give you a break from your caring role and allow your loved one to take some time for themselves. This can be for short periods of time or for longer periods, whatever suits your needs.

## **Centre-based respite**

Country Health Connect has centres in many locations where you or your loved one can spend some time with others enjoying their company and experiencing new things.

Activities on offer include:

- Cooking classes
- Outings and movie trips
- Arts and crafts
- Picnics in the park
- Drumming, chi ball and gardening
- Assisting clients to navigate technology through computers and hand held devices
- Exercise activities and health and fitness tips



## **Overnight cottage respite**

If a residential stay in one of our cottages is preferred, we can arrange transport to take you or your loved one to a comfortable home away from home.

At our overnight cottages, support is planned around your needs. Independence is encouraged in a safe and secure environment, allowing the carer to have an extended break from the caring role. Meals are provided and activities occur throughout the day to keep everyone busy and engaged.

We have experience in supporting clients with dementia and those from a culturally and linguistically diverse background.

You may be asked to contribute towards the cost of a respite service. However, how much you are asked to contribute will depend on the services you need and your eligibility for Commonwealth or State financial assistance.

If you or your loved one would like to find out more about our respite care programs, call **1800 944 912**.



**COUNTRY  
HEALTH  
CONNECT**

**Call us on 1800 944 912**

[www.countryhealthconnect.sa.gov.au](http://www.countryhealthconnect.sa.gov.au)

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