



# Commonwealth Respite and Carelink Centre/CarerLinks North Disability Carer Support

A guide to Commonwealth Respite & Carelink Centre / CarerLinks North services for carers of people with a disability in the Northern Metropolitan Region

The Commonwealth Respite & Carelink Centre/ CarerLinks North is:

- Auspiced by Merri Community Health Services (formerly Moreland Community Health Service)
- Has been operating in the Northern Metropolitan Region since 1997 and is based in Preston
- Covers seven local government areas: Banyule, Darebin, Moreland, Nillumbik, Whittlesea, Yarra and Hume – except Sunbury (Mental Health program only).

## Disability Carer Support

- The Commonwealth Respite & Carelink Centre/ CarerLinks North Disability Carer Support program is funded by both State and Federal Governments
- Funding aims to deliver a range of flexible respite options to carers
- The Disability Carer Support team is made up of a Team Leader and two Respite Pathways Workers.

## Services available to carers

### 1. Information and Response team

Services offered by the information and Response team include:

- Information on respite options for carers

- Telephone assessment based on identified carer need
- Flexible funding to purchase respite and other relevant services
- Emotional support to carers
- Coordination of referrals for relevant services
- Information on residential respite, including emergency respite.

## What is respite?

Respite provides carers with a break from their usual caring role and is essential for their health and wellbeing.

Respite enables time for:

- Attending to other matters
- Spending time with other family members
- Having time for themselves.

## Services for carers of people with a disability

- Telephone information about respite services
- Referral and supports to facilitate access to respite through disability and mainstream services

- Assistance to purchase short term respite services
- 24 hour emergency respite assistance
- Referral to the Respite Pathways Workers.

### Hours of operation:

Monday to Friday 9.00am to 5.00pm

An after hours response service is also available.

### Respite Pathways Workers provide:

- Information and resources
- Emotional support
- Support to develop action plans for respite
- Referral and links to other disability and mainstream respite services
- Funding to purchase short term respite services.

### Referral process

Please contact our Information and Response team by phone or email

Service Providers are required to complete a SCTT form including 'Part B' Carer referral form.

### How to contact the Commonwealth Respite and Carelink Centre/CarerLinks North

You can contact the service by phone, fax or email:

Phone: 1800 052 222 or (03) 9495 2500

Fax (03) 9495 2599

After Hours: 1800 052 222

Email: [cnintakeworkers@mchs.org.au](mailto:cnintakeworkers@mchs.org.au)

Website: [www.mchs.org.au](http://www.mchs.org.au)