



## Commonwealth Respite and Carelink Centre/CarerLinks North Young Carers Program

A guide to Commonwealth Respite & Carelink Centre / CarerLinks North services for young people up to 25 years of age who provide the main care and support for a relative or friend who has a disability, severe physical or mental condition, a severe drug or alcohol problem or is frail aged and living 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).

### 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.

#### 2. The Young Carers Program

- The Young Carers program aims to help young carers complete their secondary schooling and training
- The program provides support to help young carers stay at school and better balance their education and caring roles
- A young carer is a person up to 25 years of age who provides the main care and support to a relative or friend who has a disability, a severe physical or mental health condition, a severe drug or alcohol problem or is frail aged
- The Young Carers program is made up of a Team Leader, two Young Carer Support workers and one Community Development worker.

#### Young Carers might help with:

- Looking after the household, e.g. paying bills, housework, cooking
- Personal care activities, e.g. helping with medications, toileting, showering, dressing
- Taking on extra family responsibilities, e.g. caring for brothers and sisters
- Attending medical appointments.

### A Young Carer may:

- Miss lots of school
- Be distracted or stressed at school
- Not be able to complete homework
- Miss out on time with friends and other activities
- Think about leaving school.

### The Young Carers Program can offer:

- Assistance with daily chores, e.g. personal care, shopping, house cleaning, meal preparation
- In-home or other respite assistance
- Support with schooling needs, e.g. tutoring, camps, school uniforms and books
- Time-out, e.g. recreational programs, social and fitness activities
- One to one support through a Young Carer Support worker.

### A Young Carer Support worker can:

- Provide emotional support around the young carer's role and issues that arise
- Help young carers with planning supports and respite to help them continue with their education
- Help with the cost of respite
- Advocate with services and school about young carer needs.

### Referral process

Please contact the 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: [clnintakeworkers@mchs.org.au](mailto:clnintakeworkers@mchs.org.au)

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

### Hours of operation:

Monday to Friday 9.00am to 5.00pm

An after hours response service is also available.