



Respite and Support for Carers

Assisting you to take a break from your caring role

About Independent Living Centre WA

Our mission is to guide people's choices to access assistive technology and services for independence and wellbeing.

In addition to Carer Respite and Support we provide:

- Assistive Equipment and Home Modification services
- Technology Services
- Equipment Hire
- Noah's Ark Toy Library
- Grants and Equipment Funding
- Occupational Therapy Driver Assessment
- Training

For more than 35 years, the ILC's experienced health professionals have been providing services to people with disability, older people, their carers, service providers, health professionals and educators.

How to access ILC Carer Respite and Support Services

Phone: 1800 052 222

Email: comcarelink@ilc.com.au

Web: www.ilc.com.au

Fax: 08 9381 0688

Visit ILC North Office

Unit 13, 386 Wanneroo Road,
Westminster WA 6061



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Respite and support for carers through the North Metropolitan Commonwealth Respite and Carelink Centre

Commonwealth Respite and Carelink Centres assist carers with options to take a break from their caring role, through short term and emergency respite services.

They also provide a link to support services for carers.

The Independent Living Centre WA is the provider of the North Metropolitan Respite and Carelink Centre.

The Centre supports carers who live in the north metropolitan region of Perth.

Through the Centre, carers can access free and confidential information on the range of services available to them.

Commonwealth Respite and Carelink Centres are funded by the Australian Government Department of Social Services.

Visit www.dss.gov.au for more information.

Who is a carer?

A carer can be a family member, including a child or adolescent, friend or neighbour who provides regular and ongoing voluntary and unpaid care and support to another person.

Provision of care may be to a person living at home who is frail aged; or to a person of any age who has dementia, a physical or intellectual disability, a terminal illness or a mental health condition.

If you are a carer, making time for yourself is important for your own health and wellbeing. Taking a break can make your caring role a lot easier.

What is respite for carers?

Respite care enables carers to take a break from their caring role.

Respite can be tailored to meet the carer's individual needs. For example:

- it can give the carer time out to rest and relax.
- it can enable them to carry out errands such as shopping or attending appointments.
- it can give the carer time to engage in social activities, such as going out for a meal or visiting friends.

Types of respite

Respite is available in a number of ways including:

- In-home respite care (support at home)
- Residential respite care (short term stays for the person being cared for at aged or disability care homes)
- Personal care support (help with showering, dressing and grooming the person being cared for)
- Medication and wellbeing drop in service
- Support with meal preparation and assistance around the home
- Camps for young carers
- School holiday programs
- Training and education for carers
- Social support

Respite care can also be arranged in an emergency for carers who are unable, for a specific reason, to provide the usual level of care.