

## shiralee house – nrcp

**shiralee house** is situated in Yarra Junction, the service offers support for carers in the outer eastern suburbs of Melbourne and for the people they care for through:

- Provision of time out, drop-in and social activities for carers; and
- Planned activities for care recipients, community volunteer activities, out and about groups, during the week and some evenings.

**shiralee house** also offers occasional weekend respite and summer holiday activities for people with disabilities in partnership with other respite services in the eastern metropolitan region.

This service provides a range of day and evening activities a across the week. The activities coordinated from **shiralee house** focus on supporting people who are elderly with dementia and people with a disability generally held in the local community setting, promoting social interaction, community participation and life skill development.

An alternate Tuesday group is held in the Ringwood area for elderly people with dementia to provide additional respite to carers in the eastern region.

For further information contact the Program Coordinator on **(03) 5967 2876**.

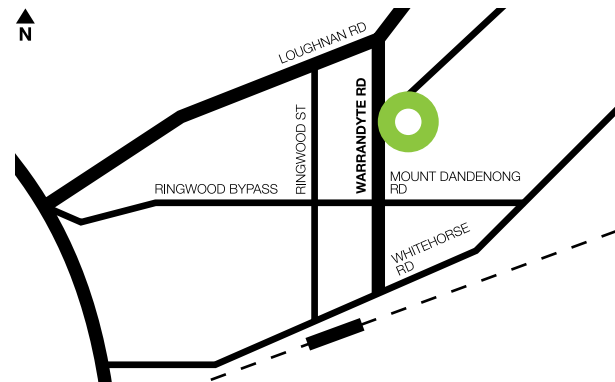
## how to contact us

### ciss

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### Facebook Details:

Visit our website for a link to join **each – community inclusion & support services** on facebook.



### each

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# ciss older adult services

initiatives for carers  
supporting loved ones



## carer initiatives

the **ciSS** older adult service offers a range of social activities for frail elderly and isolated people, those with dementia and people with a disability still living at home or in a supported residential service accommodation.

All these program activities offer a respite opportunity for carers, whilst providing opportunities for companionship, community connections and friendship for carer recipients.

The service stream includes a small number of specific carer initiatives: the State-wide **family relationships service for carers (frsc)**; **the national respite for carers program (nrCP)**, **shiralee house**; and **the whistle stop café**.

In addition to this **older adult services** encompass social support groups such as the **wednesday activity group** and **ben's shed**, plus **planned activity groups (pag's)** coordinated by **killara house** and **golden wattle house**.

## the whistle stop café

**the whistle stop café** is a community cafe at the Yarra Sport and Recreational Centre. It is a friendly and welcoming meeting place - a place to enjoy a good cup of tea or coffee, a place to have a healthy snack, a place to stop and have a chat, a place to get some exercise (e.g. swim, ride a bike or just play board games).

The café is run by a team of committed volunteers, who look forward to catering to the needs of patrons and spending time with those who are isolated and / or are experiencing memory loss or have other health concerns. This community meeting space provides a welcoming environment for carers to bring their loved ones and also receive the support of peers and other community members.

**whistle stop café** believes that becoming or staying involved in the community is key to maintaining social links and reducing isolation.

The café operates Monday to Friday, with activities and various games available to visitors. If exercise isn't possible, it's still important to have an active mind and or chat about the good old days with old and new friends for a few hours a week.

For further information contact the Project Officer on **(03) 5967 2648**.



## family relationship service for carers

**the family relationship service for carers (frsc)** is a state wide service based at **each** in Ringwood. The Regional Coordinators service across the Melbourne metropolitan area and rural Victoria providing support to carers with a family member with a disability.

The disability eligibility criteria includes:

- Intellectual;
- Physical / Sensory;
- Neurological;
- Autism Spectrum Disorders;
- Acquired Brain Injury; and
- Mental Illness.

Counselors have been selected because they have experience or expertise in the area of disability.

Homevisits or office based meetings may result in information sharing regarding future planning resources (and sometimes mediation support) to family members.

Family members receive counseling to discuss a variety of issues: carer, disability, and family issues, among others that impact on relationships and the care of their family member with a disability. Counseling costs are met by the **frsc** for families to receive a set number of counseling sessions, as negotiated with the **frsc** Coordinators. Clients are offered the opportunity to evaluate the service.

For further information contact the Regional Coordinators on **1300 303 346**.

**frsc** is an Australian Government Initiative.