

each respite for carers

- Enables carers and the people they care for to have a break from the regular care situation;
- Allows carers to have time for themselves whilst the person they care for is being supported by trained staff;
- Offers different options for people in different situations;
- Explores each individual carer's needs and tailors respite options to meet those needs; and
- Assists parents and family members by providing information and referral support.

how to contact us

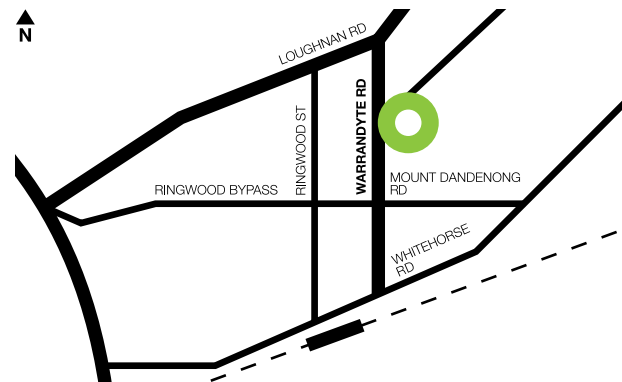
respite for carers

46 warrandyte road ringwood 3134 vic
t 9871 1850 f 9876 0100
e respiteforcarers@each.com.au

More dedicated information about our service can be found on our website: www.each.com.au.

Facebook Details:

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



each respite for carers is supported by funding from the Australian and Victorian Governments.

each is a leading health and human service provider servicing Melbourne's Eastern Metropolitan Region.

each

partners in building healthy communities

main office

46 warrandyte road ringwood 3134 vic
t 03 9871 1800 f 03 9870 4688
info@each.com.au each.com.au

respite

for carers supporting a person with a disability



each respite for carers provides a range of support services to:

- Parents and carers of a person with a disability.
- People with a disability aged between 6 and 64.

To be eligible you must be living in:

- Manningham,
- Monash,
- Whitehorse,
- Maroondah,
- Knox,
- Boroondara, and
- The Shire of Yarra Ranges.

my life, my way, each day!

Tell us how you would like to live your life and we will support you, to make it happen!

who are we?

community inclusion support services (ciss) is a division of **each**.

ciss provides support and assistance to:

- People living with a disability;
- People experiencing a mental health issue;
- People with complex care needs including dual disabilities, substance use, justice issues and homelessness;
- People dealing with the everyday effects of getting older and feeling isolated; and
- Carers and family members.

We provide high quality individualised services that enhance independence and choice and strengthen community engagement.

who is a carer?

A carer is someone providing unpaid care for a relative or friend who has a disability - the disability could be physical, sensory, intellectual, acquired or neurological.

Many carers often do not call themselves carers: they just support their family member because "that's what families do!"

what is respite?

Respite simply means time out from caring - time to do other things, such as pursuing social and personal interests or everyday activities like shopping and appointments.

what we do

- Provide high quality individualised services that enhance independence and choice and strengthen community engagement;
- Encourage everyone we support to reach their full potential;
- Empower people to live fulfilling lives in their own homes and to become fully included in their community;
- Celebrate the worth and contributions of each individual; and
- Raise community awareness.

We encourage you to direct your own support with **each respite for carers** at **community inclusion and support services**.

what is the cost?

There is not a cost for our service, however, there may be a cost for other associated services.

