

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 carers and family members by providing information and referral support.

how to contact us

knox office

building 3, level 1
3 capital city blvd, wantirna south 3152 vic
t 9887 4499 f 9887 5355

ringwood office

46 warrandyte road ringwood 3134 vic
t 9871 1850 f 9876 0100

yarra junction office

1 little yarra rd, yarra junction 3797 vic
t 5967 5875 f 5967 2768

email for all offices

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 an Australian Government Initiative.

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

each

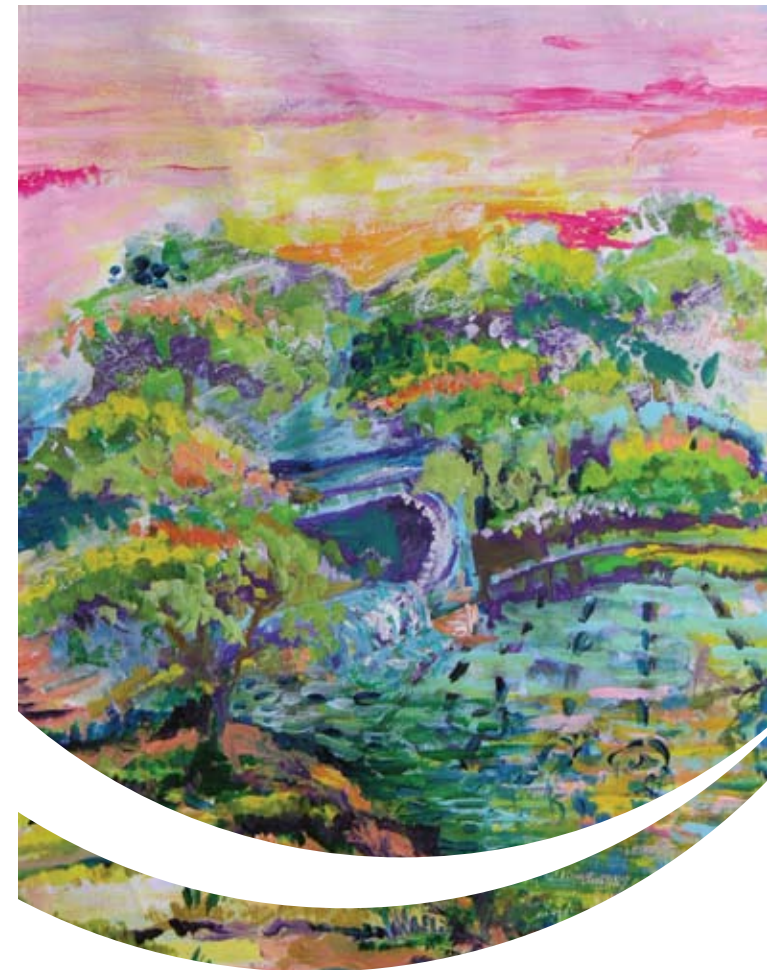
partners in building healthy communities

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 mental health issue



each respite for carers provides a range of support services during the day or evening to carers of a person living with a mental health issue who are 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, drug and alcohol issues, 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 is living with a mental health issue.

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

- Encourage everyone we support to reach their full potential;
- Empower people to live fulfilling lives 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 **ciss**.

what is the cost?

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

