

Support for carers and the people they care for is important in managing stress, health and wellbeing

Assistance is available via Carer Support Options:

Carer Support Options provide information, support and coordination to carers of people with a disability, or who are aged or have dementia, and the people for whom they are caring.

Carer Support Options will:

- Ensure that information obtained while supporting carers and the person they are caring for, is kept confidential.
- Welcome feedback regarding your satisfaction or any issues you may have with the service.

Carer Support Options — Upper Murray Family Care is supported by funding from the Australian and Victorian Governments.

service locations

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carer support options

Support, Information and Assistance to Carers and their families

caring • nurturing • strengthening



upper murray family care

Carer Support Options can assist via:

- Telephone information.
- Individual support and planning.
- Coordination and linking with other services.
- Carer groups and activities.
- Assisting in organising respite ideas and options.
- Flexible respite funding.
- Arranging additional support on discharge from hospital.
- Working with other services to maximise respite and support options in the community.
- Working in the local government areas of Alpine, Benalla, Indigo, Mansfield, Towong, Wangaratta and Wodonga.

Who is a carer?

Carers are family members or friends who look after someone who has an ongoing disability, chronic or mental illness, dementia or is frail aged.



Who can access Carer Support Options?

- Carers and the people they care for, can be assisted with information and support.
- People who have a disability, or who are ageing or have dementia, and their carers, can be assisted with respite planning, coordination and flexible funding.
- People who require short-term assistance following discharge from hospital.

Having some 'time out' (or respite) can:

- Restore energy and help you to keep on caring.
- Assist with the health & well-being of you and the person you care for.
- Provide short-term and time-limited breaks for carers and families on a planned or emergency basis.
- Support and maintain the care giving relationship.
- Provide a positive experience for the person being cared for.
- Provide the opportunity to have a break from the routine of home.
- Take many different forms according to the needs of individual families and the services available.

