

## Respite services for Indigenous people

*Respite services are designed to give relief to carers by offering support where it's needed and therefore enhancing their quality of life. Blue Care recognises the importance of providing a support network for carers to access when they require a break.*

### Who benefits from Respite Care

For people who have the responsibility of providing care to people such as:

- Frail older people, people with dementia and younger people with a disability,
- Older or disabled people who live by themselves who suffer from loneliness and isolation.

### Centre-based respite

This service is provided at a centre where clients are offered a day program of activities, which may include some of the following:

- day trips (excursions, camps)
- outdoor activities (picnics, sports)
- indoor activities (craft, music, art)
- holiday programs.

Respite programs and activities are designed, where possible, to meet the expressed wishes and identified needs of the individual client.

### What about the carers?

Carers are an important focus of our respite programs. Carers are involved in program planning and assessment of client needs.

Carer support groups exist where needed, to provide an opportunity for the carers to meet other carers and provide social support and encouragement to each other.

Respite service aims to provide a quality, innovative and flexible service offering transport options.

### How do I make a referral?

Referrals to respite services may come from the health professional, client, carer, family member or friend.

### What does it cost?

This service receives some government funding, however, operating costs are substantially more than the funds provided.

A daily fee is charged to clients attending the Respite Centre and those clients receiving residential respite.

Our service is able to provide transport for the majority of our clients. Some of our buses have been modified with a hoist, extra grab rails and steps.

### Who is eligible?

Respite services may be provided for:

- Home and Community Care (HACC) program eligible clients.
- recipients of Department of Veterans' Affairs (DVA)
- Community Care Packages (CACPs) recipients
- Disability Services Queensland (DSQ) recipients, eg. Lifestyle Support or Options Plus packages

### Contact your Indigenous Coordinator for more information:

#### Lyn Cullinane

South East corner of Queensland  
Phone 5428 8120 or 0408 775 701

#### Gavin Kum Sing

North Queensland  
Phone 4729 9220 or 0437 635 034