

Commonwealth Respite and Carelink Centres

Have you ever wondered what care services are available in the community?

Commonwealth Respite and Carelink Centres provide free information to the general community, health professionals and service providers on community aged care, disability and other services in your local area.

Carebus

The Carebus is a mobile information unit which offers carers and others in the community easy access to a variety of information and resources about services in the community.

FREECALL™

1800 052 222*

Commonwealth Respite and Carelink Centres

Your information will be treated confidentially

Commonwealth Respite and Carelink
Centres
Brisbane North & Central Qld
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To contact your local Commonwealth
Respite and Carelink Centre call

FREECALL™

1800 052 222*

You can also find out where your nearest
Centre is located by visiting the website:

www.commcarelink.health.gov.au

For emergency respite support
outside standard business hours call

FREE CALL 1800 059 059*

*Calls from mobile phones are charged at applicable rates.

Commonwealth Respite and Carelink Centres

*Carer Respite and Support
... giving carers a break
that will provide
resilience*

*Information Service on
local community aged
care, disability and
other support
services*

FREECALL™

1800 052 222*

Are you a Carer?

A carer is a wife, husband, parent, son, daughter, relative, friend or neighbour who gives a significant amount of time to care for someone in the community who is frail with age or has dementia, a disability, chronic health condition, mental illness or is in need of palliative care.

Most carers live with the person for whom they provide care, although some live separately.

The role of a carer is often 24 hours a day and can be physically and emotionally demanding. This means carers may need to take a break from their caring role.

Commonwealth Respite and Carelink centres can help by providing responsive, timely and flexible respite which supports carers' needs.



What can we do?

The Commonwealth Respite and Carelink Centre provides:

- Information and options about respite care and other support services for carers.
- Referral to appropriate local and regional service providers.
- Respite care in emergency or short term planned care situations. For example, if a carer becomes ill, wishes to attend a special event or family function, or simply needs extra help for a short period.
- Assistance in booking residential respite.
- Emotional support.
- Access to a 24 hour a day emergency respite service.

What is Respite?

Respite can be provided in a variety of settings including in the home, a respite centre, community access, and residential respite including cottage-style respite or other flexible options.

When planning respite Commonwealth Respite and Carelink Centre staff support carers to try to achieve a balance between meeting their needs as a carer, and providing a respite care experience which is positive and supportive of the needs of the person receiving the care.

Contacting your nearest Centre

To find out more about your respite options simply telephone or visit your nearest Centre and speak to one of the staff about your respite needs.