

Commonwealth Respite and Carelink Centres

The Commonwealth Respite
and Carelink Centre (CRCC)
promotes strategies to
maintain the carer's physical
and emotional wellbeing.

The Commonwealth Respite and Carelink
Centre is your single point of contact when
you require information, assistance or
advice to arrange appropriate respite care
that meets the carer's need and the needs
of the person for whom they care.

For more information about
the Mental Health Respite
Program or any of our other
programs, please contact
your local Commonwealth
Respite and Carelink Centre

FREECALL™

1800 052 222*

Commonwealth Respite and Carelink Centres

Your information will be
treated confidentially

Commonwealth Respite and Carelink
Centres
Brisbane North & Central Qld
Proudly Auspiced by



suncare
community
services inc.

Funded by Australian Government

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

*Mental Health
Respite
Program*

*Information
for Carers*

FREECALL™

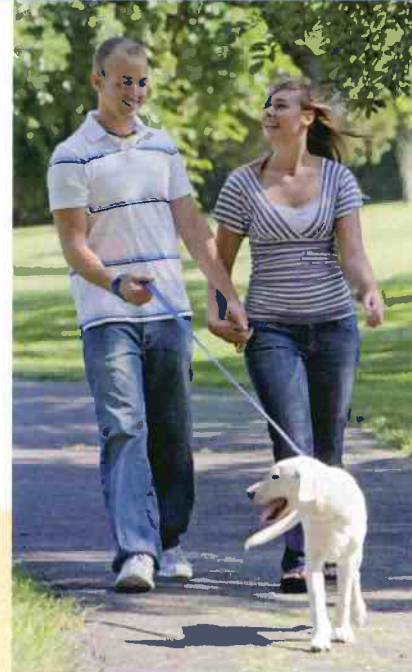
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Mental Health Respite Program

The Mental Health Respite Program provides funding for respite services with priority for ageing parents caring for adult children with a mental illness/psychiatric disability and carers of people with an intellectual disability.

The aim of the Mental Health Respite Program is to provide support to carers, family members and individuals by increasing access to respite services that provide flexibility to meet the needs of carers and the person for whom they care.

The Program provide carer respite and support giving carers a break with an emphasis on building resilience, rebuilding lives, assisting with recovery and developing the skills to self manage in crisis and longer term.



Program Eligibility

Carers eligible to receive respite services under the Mental Health Respite Program include:

- ▶ Carers of people with a severe mental illness/psychiatric disability; and carers of people with intellectual disability.
- ▶ Elderly parent carers over 65 years (50+ for Indigenous carers) who are the primary carer.
- ▶ Other non-residential carers.
- ▶ Carers of any age who care for a person with a mental illness who requires respite in an emergency situation.

Respite Options

There are many different types of respite services that can give carers a break from their caring role.

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

How to access the Program:

Referrals to the Mental Health Respite Program can be made by carers or service providers.

To ensure that services meet the carer and care recipient needs, both carers and care recipients are encouraged to be involved in the decision about which services are provided.

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.

FRECALL™

1800 052 222*