Support

CAREER SUPPORT

MENTAL HEALTH RESPITE:

Assist with advocacy where needed
Offer peer support and monitoring
Physical and mental well-being
Caregiver role
Any issues sustained by their
Assist caregivers to maintain their own
Social and recreational activities
Inductive care and care recipients in
Role
Take a short break from the caring

Offering the opportunity for careers to

Recipients of:
The program will support careers and care
Valley and Parentage
Goulburn (02) 4822 1872
Goulburn NSW 2580
P.O. Box 885
Shop 6 Russell Lane
Goulburn

For further information:
For an interpreter call 13 14 50 (Translating
Lines) 24 hours or 13 14 50
Or in the case of an emergency, please call
(02) 9861 5632
The Respite Office is open 9 am and 5 pm
For information and advice you may also call
(02) 6232 9044
Queanbeyan NSW 2620
Suite 10, 75-79 Margo Street
Queanbeyan
(02) 4883 2776
6 Harper Close, Tumbarumba NSW 2673
Community Link Wollondilly
Tumbarumba

For more information, please contact the appropriate office below
Laidley, Yass Valley or Ballarat, local area
Wingecarribee, Goulburn Lakeside, Upper
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Wingecarribe
What is Support:

- Community Groups and activities
- Information on relevant services
- A support plan that meets your needs
- Working together to achieve a time out
- Caregivers need to be able to take quality and financially
- which is often physically, emotionally, and financially
- 24 hours a day, seven days a week
- A carer may have to care for someone with their caring role
- CS program will assist your carer
- Opportunity to take a break. The MHR: These groups under 25 also need the support
- Life, cultural background and age
- A carer can come from any walk of life
- is really needed
- mental illness, chronic illness or who
- friend of relative with a disability
- A carer is someone who looks after a person connected with the community recreational activities to remain
- assistance to discover social and
- career and the care recipient
- Community access for both the
- breaks from the caring role
- These services may include:
- Breaks. Individually tailored services for support staff are able to provide.
- Caring role.
- Opportunity for "time out" from the
- Respite.