

For further information

To register or to find out more about support for carers, visit www.lchs.com.au or call us on 1800 242 696.

Are you a carer?

Let us give you a hand

Locations across Gippsland

Carer Programs operates from these offices and covers the Gippsland region:

Bairnsdale 68 Macleod Street

Sale 52 Macarthur Street

Morwell 81-87 Buckley Street

Warragul 31 Mason Street

Wonthaggi 86-88 Graham Street



In Australia there are more than 2.7 million carers providing unpaid assistance to a person with a disability, long-term illness or old age.

Too often this enormous contribution is overlooked, as carers put their own needs aside in order to care for someone else. We help carers take a break from their caring role.

How does Latrobe Community Health Service help carers?

Respite from your caring role helps you to recharge your batteries, rest or take time to do things you like to do. Because every carer is different, our service is flexible in meeting your needs.

Examples include:

- In-home respite - daytime or after-hours
- Short-term residential respite
- Help with leisure activities for you or the person you look after
- Help with cleaning, home maintenance or meal preparation
- Events and activities with other carers, including education to help you in your caring role.

Eligibility

You are eligible for this service if you live in Gippsland and you look after a family member or friend who:

- has dementia
- has a mental illness
- has a terminal illness
- is elderly
- has a disability

If the person you care for has a Home Care Package or an NDIS plan, please phone us to discuss your eligibility.

Get in touch

To find out more about how we can help, call Latrobe Community Health Service **24 hours a day on 1800 242 696.**



Marion's story

I cared for my husband for four years after he was diagnosed with dementia. The job of caring is a huge responsibility.

When you are in a caring role, your focus is on the person you are caring for. You put your own needs aside.

I accepted assistance from Latrobe Community Health Service in the form of respite, outings, getting together with other carers, courses and information.

It was the best thing I could have done. I was able to attend some functions on my own and some with my husband.

There were day outings which involved sharing a meal with others in similar situations.

It has been a privilege to hear carers sharing their stories in a relaxed setting with other, like-minded carers.