



**If you're over
65, we care
about your
independence.**

Staying independent as you get older can make a huge difference to your health and happiness.

If you're over 65*, we can make life easier by arranging some assistance so you can stay in your own home for longer.

If you have a carer, we can offer them a short break each week to get things done.

carersupport.org.au

Short breaks for your carer

If you have a carer we can arrange someone to take you for an outing or stay with you at home while your regular carer takes a short break.

This respite is flexible, and involves a paid support worker coming to your home to pick you up or to help with a range of tasks, such as preparing meals or giving your medication, so that your carer can go out for an hour or two.

It's especially helpful if your carer needs to run their own errands, attend appointments or wants a little time out each week to recharge their batteries.

How do I qualify for this support?

If you live in south or east Adelaide, are over 65*, you have ill health or physical limitations, AND you do not live in a nursing home, you may qualify.



How much will it cost?

This service will only cost you \$11 /hour.

What to do next

You'll need to have an assessment of your care needs to qualify.

STEP 1

Call My Aged Care on 1800 200 422.

STEP 2

Tell the operator you need a referral code for "Flexible Respite". They may arrange a face-to-face assessment, which is standard practice.

STEP 3

Call us with your code, and we'll organise short breaks for your carer.

Find out more at carersupport.org.au or call 8206 0777

*If you have an Aboriginal or Torres Strait Islander background we can help you once you're 50.

Campbelltown Centre

10 Newton Road
Campbelltown SA 5074
8206 0777

Glandore Centre

770 South Road
Glandore SA 5037
8433 9555

Morphett Vale Centre

241 Main South Road
Morphett Vale SA 5162
8329 5888

A member of
Carer Support Network SA

These services are no cost or low cost thanks to grants from the Australian Government Department of Health.