Our Vision

To change lives and strengthen communities through local opportunities in community support, volunteering, learning and partnerships.

Our Purpose

Create a vibrant, resilient and inclusive community.

Contact us

- social support@ centre for participation.org.au
- 03) 5382 5607
- 39 Urquhart Street Horsham Vic 3400
- www.centreforparticipation. org.au



Our Values

- Inclusion
- Respect
- Integrity
- Life-long learning
- Responsiveness and innovation.
- Empowerment

Find us on Facebook

Centre for Participation



"Taking care of oneself means I care for me too, and this helps me care for my loved one"

- Shane (Carer)



SUPPORT FOR CARERS

"We help care for you, while you care for someone who needs your help and assistance."

Carer Respite

Take a break so you can rest and recharge. The carer respite service can help care for you while you care for someone who needs your help.

Together we can plan support that best suits your needs and the one you care for- It could include:

- Short term respite for a few hours a week so you can go do your shopping or an activity.
- Longer term respite could be a night, weekend, or a week or more so you can take a holiday or well-earned rest.
- Be part of a carer Support Group to connect with other carers and receive more information
- Education and resources
- Some financial assistance



Carer Support Group

Meet regularly in a safe and confidential space to discuss your caring role experience, socialise and share information at the Centre for Participation.

Make a connection with other carers who may have similar experiences.

Share your story where there is no judgment, only a willingness to share emotional and social support between like minded group members.

Questions?

Who is eligible?

Carers who live in the Horsham, Yariambiack, Hindmarsh and West Wimmera areas. The person they care for may live outside these local government areas.

Carers are often children, parents, partners, relatives or friends who look after someone who needs help with their day-to-day living.

You are <u>not</u> considered a Carer if you are <u>employed</u> to care for someone. This does not include a Carer Allowance or Carer Pension.

How can I make contact?

Call the Carers Social Support team during office hours on 53825607

Is there a fee for this service?

The Carer respite and Support group programs are a free service.

Do I need a referral?

You can contact us directly - You do not need a referral.