

Are you a carer?

Do you need a regular break to revive or to attend to errands?

Then the Flexible Respite Care service is for you!

South Eastern Community Connect can provide you the Carer and the person you care for with a break from your usual arrangement.

You can book day, night and weekend respite for the person you care for

- Up to 5 hours a week
- Day and evening care
- Weekends subject to staff availability
- Subsidised fees

Contact South Eastern Community Connect to find out how you can access In-home Respite Care.



South Eastern Community Connect

Flexible Respite Coordinator

Shop 84, Eastlakes Shopping Centre

Eastlakes NSW 2018

P 02 8338-8506

F 02 8338-8502

E secc@secc.sydney

W secc.sydney



**South Eastern
Community
Connect**



Flexible Respite Care

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How do I apply?

You may be able to access this service if you are an older person, a person living with a disability or a carer.

Our Flexible Respite Coordinator will discuss with you your needs and those of the person you care for, to assess health, social and emotional well-being, functioning with activities of daily living like eating, dressing or walking, and any supports you have available. This assessment will help us choose the support that is right for you.

You can reach our Flexible Respite Coordinator between 9:00 and 3:30PM Monday to Friday.

Outside of these hours you are welcome to leave a message at the Centre, and your call will be returned as soon as possible.

My Aged Care

My Aged Care is a service of the Australian Government to help you find your way around the aged care system, and to give you choices, more control and easier access to a range of aged care services.

If you are a carer and wish to access aged care services for the person you care for the first time, you will now need a referral from My Aged Care.

You are welcome to phone us to discuss your needs in the first instance or you can contact My Aged Care directly and ask for a referral to South Eastern Community Connect.

My Aged Care:

**1800 200 422 or
myagedcare.gov.au**

Who is South Eastern Community Connect?

South Eastern Community Connect is a charity that supports children, families, older people, carers and people with a disability to improve well-being and quality of life for all in our community.

We have been supporting the community for more than 35 years through services ranging from playgroups for young children to our dementia day centre and recreational groups and classes.

We provide quality and care in more than 13 languages for all members of our community.



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