

# Respite Program

The Respite Program is designed to give carers a break by providing In-home personal, domestic and social support for the care recipient. This includes things such as walks, cards games, meal preparation, going for a drive, light household tasks and assistance with personal care.

## Location

Tasmania (coordinated from 24 Sunderland Street, Moonah).

## Who can access this service

Frail aged people, people with a mental illness, younger people with a disability and their carers.

## Referral

To request this service, all clients must first register with either My Aged Care or TasCarepoint.

- I am 65 or over - I should first register with My Aged Care on 1800 200 422
- I am under 65 - I should first register with TasCarepoint on 1300 769 699
- I am a carer - I should call CBS on 1300 227 827

Alternatively, you may contact CBS directly for assistance and/or further information.

## Program details

There must be a carer and the person being cared for must be unable to be left alone. Support can include tasks which carers would otherwise be doing including:

- Socialisation (walks, cards games, meal preparation).
- Taking a client for a drive (requires coordinator approval).
- Light household tasks (ironing, hanging out washing).
- Assistance with personal care.

Assume care of other family members (sibling) only with coordinator approval.

## Respite does not include

General domestic assistance as the main task or undertaken for most of the time allocated.

(If these tasks are required please call CBS and discuss with a coordinator).

## Allocation

Is dependent on the overall demand for the service, a client's individual needs and available resources at the time.

## \*What does the service cost

Fees are discussed with clients during the assessment. Travel is charged at \$0.80 per kilometre. No one will be denied assistance because of an inability to pay fees.

## Funding

The Respite Program is funded by the Commonwealth Home Support Program and the Home and Community Care Program.

## Enquiries

Ph: 1300 227 827

(Local call charges apply; calls from mobiles at applicable rates)

Monday – Friday 8.30am – 5pm (except public holidays).

[admin@cbsaust.org.au](mailto:admin@cbsaust.org.au)

[www.cbsaust.org.au](http://www.cbsaust.org.au)

\*For prices on purchased services please refer to 'Sale of Service Price Schedule'.

