

Are you a carer?

Let us give you a hand

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.

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



 **CALL US**
1800 242 696

 **LEARN MORE**
lchs.com.au



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

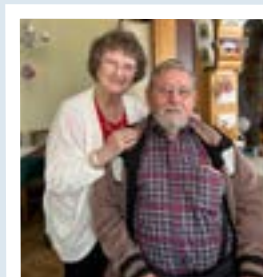
You are eligible for this service if you live in Gippsland and you look after a family member or friend who:

- 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.**



Ron and Wilma's story

"People often say 'I don't need any help, I can manage on my own'," says 80 year-old Wilma,

who was diagnosed with Parkinson's disease in January 2020.

Her journey with LCHS began when she joined its Carer Catch-Up Groups, which she now goes to at least once a week.

Her attendance eventually connected her and her husband Ron with Leanne Crowe, an Events Support Coordinator in LCHS's Carer Programs team, and an invaluable support for the couple to this day.

Wilma says: "Leanne takes us to places and we get to do things with her – to meet other people in similar situations. It's just the way we can talk to each other, the way we have that trust – it's really amazing!"