

National Respite for Carers Program

In the Grampians Region, Vista Community Support provides respite for carers through the National Respite for Carers Program (NRCP).

This support is designed to give people who care for someone with dementia a well-earned break through providing one-on-one respite.

Our emphasis is on consistency of support and the compatibility of staff with the person and their family.

HOW CAN WE HELP?

This support is flexible and tailored to suit each individual. We help provide support in either the family home, or out and about in the community.

We can assist the person affected by dementia with:

- Day-to-day activities
- Personal hygiene (bathing, grooming, dressing etc)
- General self-care
- Mobility and community access
- Getting out to enjoy activities
- Attending appointments

We also operate an after hours phone support service that case managers, staff, people we support and their families can access when needed for emergency staffing issues and incident support.

HOW MUCH DOES IT COST?

There is no cost to use the service – it is funded by the Federal Government's National Respite for Carers Program. Families can usually book around five hours of support per week.

HOW DO I ACCESS THIS SERVICE?

This service is available to people living in the Grampians Region. Referrals are through agencies or health professionals, or call us directly on the numbers below.

All you need is a formal diagnosis of dementia for the person you are caring for.

FURTHER INFORMATION

Contact our Grampians Regional Office to find out more.

Grampians Regional Office
42 Eastwood Street
Ballarat Vic. 3350

P: 03 5320 0300
F: 03 5332 4845

or email:
info@vistasupport.org.au



Terry gets out once a week to play golf with his support worker. It's a great opportunity for him get active, socialise and keep fit. It also gives his wife, Jill, a chance to take a break.

www.vistasupport.org.au

Statewide Coordination Centre
1036 Dandenong Road, Carnegie, Vic. 3163
t: 03 9564 1030 f: 03 9564 1004
e: info@vistasupport.org.au

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A member of the EW Tipping Foundation network

Vista is proud to support caregivers in their role through the National Respite for Carers Program.