



Vista

Vista Community Support is a leading provider of one-on-one support at home and in the community.

Vista is a partner organisation of the EW Tipping Foundation, named after the journalist Bill Tipping, who wrote passionately about social issues including disability.

The Foundation was one of the first organizations in Victoria to adopt a person-centred approach to its services, including sponsoring the formation of Vista in 2005.

Vista services are available to people of all ages. We provide support to people with disabilities, older Victorians, children and families, and carers.

We say to people we support: "Live life your way" - and then we support them to do so.

www.vistasupport.org.au

Contact us to discuss the program:

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Grampians region:

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Do you need a
break?



"Respite is great for him and it's great for us—it gives us some quality time to spend with each other, and other members of the family."



Do you want a little time for yourself to:

- Attend appointments?
- Meet up with friends?
- Relax?
- Work?
- Study?
- Spend time with other family members?

But you need some extra respite care to make it happen.

We can assist!

Respite for Older Carers provides a break for parents caring for an adult child with a disability.

This service is **free** and can provide **up to 24 hours** per month of respite.

You are eligible if:

- You are an older carer 60 years and over (or indigenous older carer 50 years and over)
- Your child with a disability is 25 years and over
- You receive the Carer Allowance
- Your child with a disability receives the Disability Support Pension

We're here to lend a hand

We will:

- Work with you and your family to develop a respite plan that suits you all.
- Organise respite breaks that might be at your home, out and about in the community, involve recreation activities or weekends away/holidays.

Breaks can be for a few hours, overnight or several days.