



VMCH CARER AND HOME SUPPORT PROGRAMME

WHAT IS A CARER?

A carer is someone who provides unpaid help and support to a partner, relative, neighbour or friend who is unable to manage without their assistance. The support provided as a carer may include assisting a person physically with home care tasks, transport to appointments and personal care tasks, or it may involve providing emotional support. The role of a carer can be very rewarding, yet it can also be challenging and impact on the carer's physical and emotional wellbeing.

DID YOU KNOW MORE THAN 1 IN 10 AUSTRALIANS ARE CARERS?

NDIS READY

The National Disability Insurance Scheme is an exciting new way to provide support for people with disability, families and carers.

VMCH is NDIS ready.

Find out if you're eligible. Let VMCH help you on your journey.



WHAT IS VMCH CARER SUPPORT

Villa Maria Catholic Homes Carer Support Programme is here to support you in your role as a carer by providing you with practical information and a range of flexible respite and support options.

Our aim is to give you the support you need as a carer to continue to live well at home and within your local community.

The programme is able to assist you on a short-term basis whilst linking you into ongoing support services through funding received from both State and Federal Government Departments.

We are able to provide support if you:

- Care for an older person (over 65)
- Care for someone with dementia (including younger onset dementia)
- Care for an Aboriginal or Torres Strait Islander over 45 years
- Care for someone with mental health issues or a disability
- Are an older carer yourself

HOW VMCH CAN HELP

There are many ways Villa Maria Catholic Homes can assist carers who need a break or support in their caring role. It just takes a phone call to begin receiving assistance.

Our highly skilled and responsive staff will discuss your individual situation with you and together identify what your needs are and what support options you would like.

Options include:

- Flexible respite (in your own home, in the community or residential)
- Home care services including meal preparation and personal care support in an unexpected situation
- Goods and equipment
- Carer support and advocacy
- Social group support and events
- Carer wellbeing activities
- Special interest and community carer groups
- Education and information
- Referral to long-term support services
- Planning for the future

COST

Most programmes are funded by the Australian Government, however please check with our friendly team to determine if a small fee is required.

All services can be purchased through a private arrangement or can be purchased through an entitlement package such as NDIS or Home Care where appropriate.

A fee reduction application can be made under our fee reduction policy and no one will be deprived of receiving our services due to inability to pay. For some of our services, there is no charge.

For more information regarding fees and services, please call 1300 971 720.

“I AM THE BEST VERSION OF ‘ME’, EMOTIONALLY WELL AND TEACHING OTHERS HOW THEY TOO CAN ALSO CHANGE THEIR LIFE AROUND.”

VMCH CARER AND HOME SUPPORT PROGRAMME LOCATIONS

EASTERN METRO REGION

Assisting people who care for someone who is frail aged, living with dementia (including younger-onset) or mental health issues. A flexible programme designed to support people either at home or in the community.

T: 1300 971 720

E: accesseast@vmch.com.au

Office: 355 Stud Road, Wantirna South, VIC 3152

HUME REGION

Providing carers with respite, support, information and mentoring. Includes support for carers of young people with severe and profound disabilities and young carers.

T: 1800 052 222 or 1300 971 720

E: humereferrals@vmch.com.au

Office: 213 Wyndham Street, Shepparton, VIC 3630

GRAMPIANS/BARWON SOUTH WESTERN REGIONS

Supporting carers of frail aged people with dementia and challenging behaviours and people experiencing mental health conditions including autism.

T: 1300 971 720

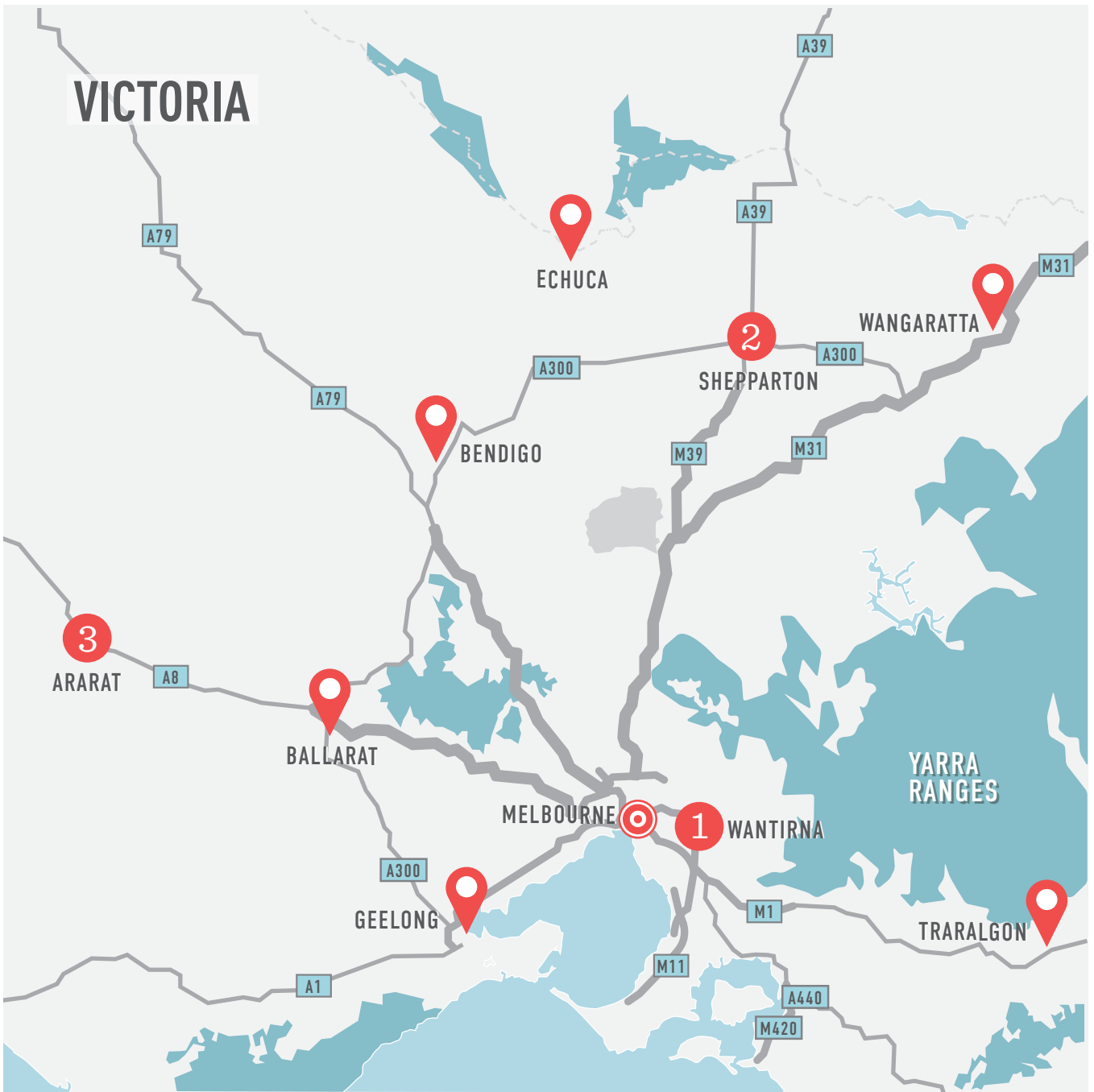
E: grampians.carerservices@vmch.com.au

Office: Girdlestone Street, Ararat, VIC 3377

Postal: PO Box 155, Ararat, VIC 3377



“VMCH OFFERED ME EXPERT, SEAMLESS AND SENSITIVE HELP. THEY UNDERSTOOD THE IMPORTANCE AND DIGNITY OF BEING A CARER.”



REGIONAL HEAD OFFICES

- ① Eastern Metro Region – Wantirna South
- ② Hume Region – Shepparton
- ③ Grampians/Barwon/South Western Regions – Ararat

ABOUT US

Villa Maria Catholic Homes is committed to working in partnership with people of all ages and abilities to help them achieve their individual goals and dreams, remain connected to their communities and enjoy their independence.

As an agency of the Catholic Archdiocese of Melbourne, our values; including respect, compassion and inclusion guide us to deliver the highest quality services to individuals of all faiths and backgrounds.

We are a Catholic, not-for-profit organisation providing residential aged care, affordable housing options, retirement living, community and home based senior support, disability, carer and education services to more than 7,000 people across Victoria and southern New South Wales.

MORE INFORMATION 1300 971 720

Email enquiries@vmch.com.au
Web vmch.com.au

Post

PO Box 134
East Melbourne VIC 8002

Join the conversation



Respect | Compassion | Integrity |
Collaboration & Partnerships |
Inclusion | Stewardship

Disclaimer: The information in this brochure has been prepared by Villa Maria Catholic Homes (VMCH) as a general guide to our services and operations. While every effort has been made to ensure accuracy, VMCH accepts no responsibility for any loss or inconvenience caused by reliance on the information set out in this brochure. Please contact us if you require detailed information about any of our services. Printed August 2017.