



Carer Support

Now there's support that really considers my needs.

Maintaining independence and quality of life.

Our support program is especially for you, a carer. As a carer, you're a bit of a hero. What you do on a daily basis, while rewarding, is definitely challenging. And what you do can impact on your physical and emotional wellbeing.

That's where we come in.

We want to ensure that you can continue to care while maintaining your health and wellbeing. We're responsive to your individual needs and focused on your wellbeing.

We're here for you.

When you come to us, we'll discuss your situation so we can identify what the best support options for you are, and which ones you prefer.

Some of the support services we offer include:

- Personal care
- Home care services like meal preparation
- Flexible respite that's in your own home or out in the community
- Support in an unexpected situation.

When we say we're here to support you as a carer, we mean it. That's why we also offer special events, carer wellbeing activities, education and referrals to long term support services. We're also your advocate.





Carer Support

Here at VMCH, our services are as diverse as the people we support.

Our values underpin the work we do. As a Catholic, for-purpose organisation, love, joy, courage and hospitality aren't just words to us, they guide us in everything we do.

While we've been around for over a century, we're always moving forward. We stay true to who we are by supporting people and families to live their best lives, providing a place to call home and spaces to learn and grow.

Our professional and compassionate teams are with you on your life journey. We provide a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.

When it comes to helping you feel supported, we've got you covered.

So, how can you join us?

We're here for people across Victoria* who support someone with care needs including:

- Mental illness
- Dementia
- Disability
- Chronic condition or illness
- Older people with care needs
- People in palliative care.

* Wellington and East Gippsland excepted.

Contact us today to find out more.



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vmch.com.au/carers



VMCH acknowledges the support of the Victorian Government.