

Fees

Carer Respite Retreats are funded through the Australian Government Commonwealth Home Support Program (CHSP). The cost is **\$200 per couple** which includes meals, accommodation for three nights, transport, care support staff and activities.

Level of Care

Our professional care team will provide low to moderate support for care recipients attending the program from 9am to 5.30pm. We are not able to accommodate support for clients who are considered to be high-care. If in doubt, please contact us for more information. We do not provide any personal care during the retreat, eg, showering, grooming, dressing.

Dates

28 April-1 May 2020

2-5 June 2020

28-31 July 2020

CarersACT

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CarersACT

Senior Respite Retreats



For Carers and the person they care for, both aged 65 years or over, or 50 years and over if Aboriginal & Torres Strait Islander

This service receives funding from the Australian Government through the Commonwealth Home Support Programme

Alternative respite opportunity

Great location and hotel accommodation at minimal cost

A warm environment of peer support

Workshops and activities

“How could one not feel refreshed!! Great Hotel, great food, good people and most of all, wonderful carers.”

“Being with people who really know and really do care about our situation is comforting and reassuring.”

“Loved to see my husband participating in activities. Loved everyone and exchanging experiences. So glad I was given the opportunity to attend.”

What are respite retreats?

Respite retreats offer the chance for carers, over the age of 65, to have a well-earned break together with the person they care for.

The itinerary is flexible to give carers time out by providing a professionally staffed day program for loved ones.

Alongside the day program, activities are available for carers. The groups come together for meals.

Carers are welcome to participate in self-care and education workshops or simply take time out for themselves.



Eligibility

- You must be a resident of the ACT.
- You must be the main carer of a person aged 65 years or over, or if Aboriginal or Torres Strait Islander, 50 years or over, who has a medical condition such as dementia, Alzheimer's or similar degenerative condition.
- You must have a My Aged Care Referral Code for “Cottage Overnight” Respite for the person you care for.
- You must be registered as a carer with Carers ACT. Registration is free. If you are not already registered, we can assist you.

We can help you if you are in doubt about your eligibility, or you need assistance to understand the My Aged Care system.