

SUPPORT OPTIONS will:

Strengthening families to build vibrant communities

# Carer Support

Information and support for individuals, carers and their families

- ask for consent for collection of personal information and for sharing that information with other services
- keep personal information private and confidential
- welcome feedback so we can provide the best support possible
- offer referrals to alternative services, if Support Options cannot meet your needs

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UMFC acknowledges the support of the Victorian and the Australian Governments.



## SUPPORT OPTIONS assist:

Carers and those who they are caring for who:

- are frail aged
- have dementia, or
- have a disability
- live in the Local Government Areas of Alpine, Benalla, Indigo, Mansfield, Towong, Wangaratta or Wodonga



## SUPPORT OPTIONS provide:

- planning of regular respite to help reduce stress, restore energy and support your care relationship
- respite choices based on your individual needs
- information and referral to health, ageing, disability and other community services
- a flexible and responsive service including phone and face to face contact

## SUPPORT OPTIONS may:

- fund towards:
  - in home respite
  - out of home respite
  - in home support (such as help with housework and personal care)
  - aids or equipment to enhance independence
- facilitate carer support groups, activities and events in the community

## Other SUPPORT OPTIONS services:

### **Hospital to Home**

Short term additional support services for people discharged from private hospitals who are frail aged, have dementia or have a disability.

### **Individual Support**

Support coordination with individuals with a disability and their family / carers.