

SUPPORT OPTIONS will:

- discuss your needs with you and arrange required services
- 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
- inform you if a fee applies

Strengthening families to build vibrant communities

Wodonga

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PO Box 725,
Wodonga Vic 3689

p 02 6055 8000
f 02 6057 8499

Wangaratta

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



Carer Support

Information and support for carers and their families



Who is a carer:



You are a carer if you are:

- caring for someone who is aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islander people)
- caring for someone who has dementia
- an older person caring for someone with a disability

You may be providing 24 hour a day support with daily living activities, or looking after someone who only needs occasional support.

Carers can be family members or friends. Carers do not need to reside with the person for whom they are caring.

The person receiving care must reside in one of the following Local Government Areas: Alpine, Benalla, Indigo, Mansfield, Towong, Wangaratta or Wodonga.

How we support carers:

Caring for someone can be a rewarding experience, but sometimes carers need looking after too and that's when Support Options can help.

Support can include:

- respite to help reduce stress, restore energy and support your care relationship - respite can be in home or community based
- support for daily living activities such as personal care, housework, meal preparation, shopping
- home maintenance
- aids and equipment
- carer support groups, activities and events
- information and referral to health, aged, disability and other community services

How to get started:

Contact our Intake worker on **02 6055 8000** to discuss your needs as a carer.

You do not need to have a referral from another service or be registered with My Aged Care to access support from our service.

The role of an unpaid carer can be physically, emotionally and financially demanding. Support Options recognises that for care relationships to be maintained, both the carer and the person receiving care should have access to services suitable to their needs.

**We will work with you
to find the best way to
support you and the
person you are caring for**