

Caring for those who care

Caring for someone can be a rewarding experience, but sometimes carers need looking after too. The role of an unpaid carer can at times be physically, emotionally and financially demanding.

At Upper Murray Family Care we recognise that, in order for care relationships to be maintained both the carer and the person receiving care should have access to services suitable to their needs. Through our Support Options program, we work to ensure that carers have all the information and support they need to continue in their invaluable roles.



Support for Carers



Supporting children,
young people and families
in their time of need

www.umfc.com.au
supportoptions@umfc.com.au

Carers, Aged and
Disability Services
76 Nordsvan Drive
Wodonga, VIC, 3690
Telephone 02 6057 8400



UMFC acknowledges the support of the Victorian, NSW, and Australian governments. We acknowledge the traditional custodians and Elders past and present, who have raised children and taught them about the world around them. We celebrate diversity and are committed to inclusion for all as a service and a workplace. We are a Child Safe Organisation.



Providing short-term,
flexible support to carers



Do I qualify as a carer?



Carers are eligible for UMFC's Support Options if they care for someone who has:

- disability
- dementia
- ageing
- chronic health
- mental health
- palliative care

Carers can be family members, friends, or anyone who is undertaking unpaid care responsibilities, providing full-time support with daily living activities or looking after someone who only requires occasional support. Carers do not need to reside with the person for whom they are caring, but the person receiving care must live in either Alpine, Benalla, Indigo, Mansfield, Towong, Wangaratta or Wodonga local government areas.



How does UMFC support carers?

Support Options can organise short-term assistance when a little extra help is needed. These options include:

- respite (in home and community based)
- support for daily living activities such as personal care, housework, meal preparation, and shopping
- home maintenance
- aids and equipment
- access to carer support groups, activities and events
- information and referral to health, aged, disability and other community services.

The Support Options program facilitates a number of dementia-specific and general carer support groups across the Upper Murray Region. Support groups provide a safe place for carers to come together and share similar experiences. Staff guide the groups and provide practical information, tips and resources to help carers in their caring role.

Social activities that keep carers active and engaged play an important part in ongoing health and wellbeing. The Support Options team organises a variety of local day experiences as well as overnight excursions just for carers, along with other social activities that carers and those they care for can enjoy together.

The Support Options team convenes a range of workshops and information sessions specific to the needs of carers. These sessions may be targeted to carers registered with UMFC or be open for community attendance. Details on how to register are made available on each event advertisement.



How do I access UMFC's Support Options?

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

Simply contact our Support Options intake worker on 02 6057 8400 or email supportoptions@umfc.com.au to discuss your needs as a carer.