

Call or email us:
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Additional Respite for Carers Program

Additional Respite for Carers program increases the reach, flexibility and access of respite services to people with a care role.

Referral and advice

The Additional Respite for Carers Program provides respite support to help people continue in their caring role for longer. It aims to reduce barriers to accessing respite for unpaid carers and the individuals they support.

Looking after yourself as a Carer

Respite support services should provide a short-term break for the person with a care role in the care relationship. Respite enables carers to:

- take a break from their care responsibilities
- rest or take part in activities that support their health and wellbeing
- attend appointments or access services
- take part in work, study, social or community activities

Based on their assessed needs, carers may be eligible for a variety of respite options, including:

- Facility respite
- Individual (one-to-one) respite in a person's home or community
- Overnight respite
- Emergency respite
- Respite in a group setting
- Camps, holidays, resorts, or weekends away
- Regular short sessions of respite with activities for Carers at the same time
- Participation in cultural activities
- Domestic assistance
- Personal care

Eligibility

To access the Uniting Support for Carer program, you must be:

- caring for someone who has a disability, chronic illness, mental health condition, chronic health condition, a terminal condition or who is frail due to age, and
- live in the local government areas of Melbourne Metro Inner East, Melbourne Metro Outer East, Southern Metropolitan, or Ovens Murray.

To apply

Email the SCP/AR referral form to uniting.scp@vt.uniting.org.