

## CARERS & SENIORS INFORMATION SESSIONS

Do you provide care for someone living at home with dementia or who is frail or aged? Please join us at the Carers & Seniors Information Sessions that are held twice a month at Dom Kopernika.

During our meetings we discuss issues such as elderly safety rules, rights and privileges of seniors, updated information about regulations concerning seniors, ways of making home a safe place, health issues, safe usage of medications etc.

### WHEN AND WHERE

**When:** Second and last Wednesday of the month.

**Where:** Copernicus Hall (Dom Kopernika)  
260 Grand Junction Road,  
Athol Park SA 5012

**Time:** 11am - 1pm

Carers & Seniors Information Sessions are funded by the Australian Government Department of Social Services. Visit the Department website ([www.dss.gov.au](http://www.dss.gov.au)) for more information.

## Programs that are run by the Federation of Polish Organisations in South Australia:

- Home Care Packages (HCP)
- Polish Active Seniors Program (PAS)
- Carers & Seniors Information Sessions

### CHSP Programs:

- Polish Meals Program
- CHSP Social Support Groups
- Polish Social Support Services Program (PSSS) - transport and social support individual
- Flexible Respite - Care Relationships and Carer Support

Flexible Respite is funded by the Australian Government Department of Health. Visit the Department website ([www.health.gov.au](http://www.health.gov.au)) for more information.

### Disclaimer:

Although funding for this service has been provided by the Australian Government, the material contained herein do not necessarily represent the views or policies of the Australian Government.



# CARER SUPPORT

## Federation of Polish Organisations in SA Inc.

230 Angas Street  
ADELAIDE SA 5000

Ph: (08) 8232 1464,  
1300 79 20 60

Fax: (08) 8232 2714

Email:

[reception@polishfederation.org.au](mailto:reception@polishfederation.org.au)  
[www.polishfederation.org.au](http://www.polishfederation.org.au)

## **FLEXIBLE RESPITE**

The objective of the program is to support and maintain care relationships between carers and clients, through providing good quality respite care for frail, older people so that regular carers can take a break from their usual caring responsibilities.

What service can be provided under Flexible Respite program?

- In-home Day Respite
- Community Access - Individual Respite.

Respite care is tailored around the assessed needs of both, the carer and the person they care for.

Our staff will assist the person being cared for with leisure activities, personal care and routine aspects of daily living accordingly to your needs.

## **IN-HOME RESPITE**

This type of respite usually involves a person working as a carer who comes to your home so that your carer can go out for a few hours. Or, they may take you for an outing for a few hours while your carer has a break.

## **COMMUNITY ACCESS RESPITE**

Provides activities to give you a social experience to encourage a sense of independence and social interaction and provides your carer with a break.

This may be provided to you individually or as part of a group setting.

## **OUR STAFF**

Our aged care workers understand the needs of the older people, including those who have problem associated with memory loss or confusion. Respite care is provided by trained staff (Bi-lingual: English/Polish).

## **THE ASSESSMENT PROCESS**

If you are seeking assistance to access aged care services, please contact **My Aged Care** contact centre by calling **1800 200 422**.

The My Aged Care contact centre staff member will ask you a series of questions in order to understand your needs. During the conversation they will discuss some options with you which may include being referred for a home support assessment, a comprehensive assessment or a direct referral to services (where appropriate).

For more information please visit My Aged Care website on:  
**[www.myagedcare.gov.au](http://www.myagedcare.gov.au)**

## **SERVICE FEES**

A service fee is charged. The fee can be negotiable and depend on the client's financial situation.