

Access Carer Support services

We care for your loved one and you.



Building healthier lives together with our communities and delivering excellent health services for all.

Our Carer Support services



At Access Health and Community we provide in-home or centre-based fun and affordable programs for your loved one – to give you a break from your caring role. Our respite program offers social support and wellbeing activities that are provided in your home, or at our centre.

We tailor your individual plan of care to your needs and that of your loved one. Our flexible care includes evenings and weekends, some transport to and from our centre, and emergency centre-based day respite services. We also cook healthy meals at our Richmond site and can cater to different dietary needs.

Centre-based activities

We offer tailored services at our Richmond site in a relaxed and homely environment. Centre-based support is available Monday to Friday from 8:30am to 5pm, later on request, and occasional Saturdays.

Our activities include:

- The Out and About program – this includes lunches out, movies, picnics, BBQs and attending exhibitions.
- Exercise groups including Tai Chi
- Relaxation/meditation
- Indoor bowls
- Painting and drawing
- Card and jewellery making
- Cooking
- Flower arranging
- Live musical performances
- Gardening, and
- Sailing.

In-home activities

Our in-home support services are available 8am to 5pm from Monday to Friday, and some evenings and weekends. These include:

- Reading the paper and discussing current news and events
- Listening to music
- Going out for a walk, coffee, lunch or to the movies
- Shopping
- Support to attend medical appointments, and
- Completing household chores together such as washing dishes, folding clothing etc.



Who is eligible?

If you care for a family member or friend over the age of 65, or under 65 with a disability, and you live in the City of Yarra, Darebin, Boroondara or Stonnington, you are eligible to use our services.

The person you care for must be registered for NDIS or My Aged Care. Ask us for help if they are not already registered.

Our fees

We offer subsidised and fee-for-service health care with private health insurance rebates available. The cost of services depends on your income level and we will help you access funding you are eligible for. We support My Aged Care and National Disability Insurance Scheme (NDIS) clients.

Ask us how we can help you.

Pensioner: \$15 per day including lunch for centre based respite or three hours of in-home respite. An additional \$15 applies for outings.

Non-pensioner: Full fees apply but are income tested.

Appointments and Referrals

Please contact us on:

✉ intake@accesshc.org.au

☎ 03 9810 3000

If you need to reschedule your appointment; please contact us at least 24 hours before.

Non-attendance fees may apply.

About us

We are a quality, not-for-profit, accredited health and community service providing doctors, dentists, allied health, counselling, alcohol and drug, child and family services and social support programs. We offer services for all ages and work as a team to support you.

Where to find Carer Support services

Contact us for more information on all of our services, sites, parking options and transport.

☎ 03 9810 3000

✉ info@accesshc.org.au

🌐 accesshc.org.au

Richmond
283 Church Street
Richmond VIC 3121

We are a child safe organisation.

AccessHC is committed to providing services for our diverse community.