



## **RESPIRE CARE SERVICES**

### **ABORIGINAL FAMILY RESPITE SERVICE**

Phone: (08) 9206 6200

Email: [afr@unitingcarewest.org.au](mailto:afr@unitingcarewest.org.au)

Website: <http://www.unitingcarewest.org.au/services/indigenous-communities/aboriginal-family-respite-service/>

This free service assists Aboriginal carers and family where family members are experiencing emotional and mental distress.

### **ACTIV FOUNDATION**

Phone: (08) 9387 0555

Website: <https://www.activ.asn.au>

Activ provides respite services to more than 250 adults and children, and their families, in both metro and regional Western Australia. They operate two short stay facilities for adults and two for children in the metropolitan area, and also two short stay facilities in Bunbury.

### **ALKIRA CARE RESSPITE SERVICES**

Phone: (08) 9417 3015

Email: [info@alkiracarerespiteservices.com.au](mailto:info@alkiracarerespiteservices.com.au)

Website: [www.alkiracarerespiteservices.com.au](http://www.alkiracarerespiteservices.com.au)

This service provides community based respite care with innovative, flexible and individualised services 24 hours, 7 days a week. The facilities in South Lake Western Australia, is providing short to long term respite for children up to 18 years of age with multiple and complex needs requiring nursing care and support. Support in your home and community is available.

### **ALZHEIMERS ASSOCIATION WA**

Phone: 1300 66 77 88

Email: [alzwa@alzheimers.asn.au](mailto:alzwa@alzheimers.asn.au)

Website: <https://www.fightdementia.org.au>

Respite gives carers regular support or short breaks from the demands of caring for a person with dementia. Respite services are provided either in home or centre based.

### **AUTISM ASSOCIATION**

Phone: (08) 9489 8900

Email: [autismwa@autism.org.au](mailto:autismwa@autism.org.au)

Website: <http://www.autism.org.au/services-we-provide/community-living/children-s-respite.aspx>

Provides weekend and school holiday respite in family home and with trained carers, for children and adolescence with Autism aged 6-18 years of age.

### **AVIVO (Formerly Perth Home Care Service)**

Phone: 1300 620 267

Email: [hello@avivo.org.au](mailto:hello@avivo.org.au)

Website: [www.avivo.org.au](http://www.avivo.org.au)

Avivo support family and carers in the disability, aged and mental health areas. The crisis support service is available 24 hours a day, seven days a week.

Avivo operates under the name 'Regional Home Care Services' (RHCS) outside of the Perth metropolitan area, with offices in Toodyay and Geraldton, providing support to people in regional areas, such as the Wheatbelt and the Midwest. We also support people in Broome and Carnarvon.

Phone: Geraldton (08) 9920 7600, Toodyay (08) 9574 9800

### **CARL STREICH REHABILITATION AND AGED CARE UNIT**

Phone: (08) 9391 2350 or (08) 9391 2250

Aged care and rehabilitation ward for people in the Gosnells/Armadale/Kelmscott/Serpentine/Maddington area. To be administered need GP referral, average stay is two weeks.

### **CARERS ASSOCIATION OF WA**

Phone: Freecall 1800 242 636

Email: [info@carerswa.asn.au](mailto:info@carerswa.asn.au)

Website: [www.carerswa.asn.au](http://www.carerswa.asn.au)

Provide services and support for family carers, includes 24-hour counseling 1800 007 332. Face to Face counseling 1800 242 636.

### **THE CARERS**

Phone: (08) 9331 5866

Email: [office@thecarers.com.au](mailto:office@thecarers.com.au)

Website: <http://www.thecarers.com.au/>

Private home care service which provides care to aged and people with disabilities, service includes nursing, domestic, cooking, shopping, personal care etc. Staff come on a casual basis. They also offer care staff in an emergency, on a short term or long term basis.

### **THE CARERS SUPPORT SERVICE (RED CROSS)**

Phone 1800 441 014 and ask to speak with a Carers Support Coordinator

Helps alleviate carer stress and maintain carers' wellbeing by providing information and social support.

### **COMMONWEALTH RESPITE AND CARELINK CENTRE**

Phone: 1800 052 222

This service provides free and confidential information on local carer support, disability and community services.

### **IDENTITY WA**

Phone (08) 9474 3303

Email: [reception@identitywa.com.au](mailto:reception@identitywa.com.au)

Website: <http://www.identitywa.com.au/>

Provides in home respite. The Adult respite house is at Koondoola for people with multiple disabilities. Also Children's House at Riverton, for short term stays.

### **INTELIFE**

Phone: (08) 6169 1100

Email: [central@intelife.org](mailto:central@intelife.org)

Website: [www.intelife.org](http://www.intelife.org)

Intelife offers flexible, individualised respite services for carers of people living with mental illness, autism or an intellectual disability.

### **KIRA INDEPENDENT LIVING SERVICE**

Phone: (08) 9243 0366

Website: <http://www.kira.org.au/>

Kira operate many services including the Elena House Respite Home. For more information see their website.

### **LADY LAWLEY COTTAGE**

Phone: (08) 9318 2160

Email: [wallcinfo@redcross.org.au](mailto:wallcinfo@redcross.org.au)

Website: <http://www.redcross.org.au/ladylawleycottage.aspx>

Lady Lawley Cottage, located in Perth, Western Australia, provides support to families with children from babies up to 16 years of age, who have multiple disabilities and or chronic medical disorders which impact on the physical and emotional health and wellbeing of the family as a whole.

### **LIFE WITHOUT BARRIERS**

Phone: 1800 935 483

Email: [info@lwb.org.au](mailto:info@lwb.org.au)

Website: <http://www.lwb.org.au>

Life without Barriers provides lots of information on the services they offer, which include respite services. For more information see their website.

### **MULTIPLE SCLEROSIS SOCIETY**

Margaret Doody Respite House- City Beach

Phone: (08) 9385 9574

Treendale Gardens- Australind

Phone: (08) 9725 9209

Website: <https://mswa.org.au/our-service-menu/facilities/residential-respite>

Our residential respite centres are a home away from home for people living with MS, and other neurological conditions. Staff at these facilities provide 24 hour care, and are fully trained to care for people with neurological conditions, so families and carers can take a break and attend to other matters, knowing their loved one is being well looked after.

## **RONALD MCDONALD HOUSE**

Phone: (08) 9346 9000

Email: [Courtney.kennedy@rmhc.org.au](mailto:Courtney.kennedy@rmhc.org.au)

Do you and your family need some time away to reconnect, have some fun and create some family memories? Have you considered staying at our Ronald McDonald Family Retreat in Bunbury? As you have stayed at our House or you're currently on our Ronald McDonald Learning Program you are eligible to stay for up to one week and the best thing is the accommodation is absolutely FREE!

## **SOUTHERN DISTRICTS SUPPORT ASSOCIATION INC**

Phone: (08) 9498 4800

Website: <https://www.southerndistricts.org.au/how-to-get-help/what-we-do/respite-care/>

Provides a range of individual family support services, including in home respite, domestic assistance, home maintenance and gardening service. Other services include - Disabled Persons Holiday Program - Weekend day-care / respite for children with disabilities - Independent Living Skills Training - Transport Support-Family Support Service.

## **TAKE A BREAK**

Phone: (08) 9397 3000

Email: [council@gosnells.wa.gov.au](mailto:council@gosnells.wa.gov.au)

Website:

[http://www.gosnells.wa.gov.au/Lifestyle/Get\\_involved/Disability\\_services/Community\\_Independence\\_Program](http://www.gosnells.wa.gov.au/Lifestyle/Get_involved/Disability_services/Community_Independence_Program)

The Community Independence Program is a new and contemporary service designed specifically to meet the needs of people with disability and their families in the City of Gosnells community. The service is made possible through Home and Community Care (HACC) funding.

### **TAKE TIME**

Phone: 1300 663 298

Email: [yourlife@unitingcarewest.org.au](mailto:yourlife@unitingcarewest.org.au)

Take Time to take part in a number of fun activities, like sports and dancing, or relax with friends. Just tell us what you like doing, and we'll match you with a group of people who like doing the same thing. And if you need, we will support you to develop the confidence and skills to join in.

Activities are held six days a week, and some evenings. Depending on your interests, you can spend time out in the community or in our Willetton or Rockingham centre.

### **WANSLEA FAMILY SUPPORT SERVICES**

Phone: (08) 9245 2441

Website: <http://www.wanslea.asn.au/>

Provide accommodation support to children and families in crisis, short term stays. In home support via family care workers is offered.

**\* Contact your local council for information of programs and facilities which are located in your area, that you may be able to access.**