



carer respite

Mental Health Respite Program (MHRP) Central West & Orana Far West NSW

A range of **flexible** respite options are currently provided within the **Central West** and **Orana Far West** for carers of people with a **Mental Illness** and/or an **Intellectual Disability**.

Access priority is given to **Older Carers** aged 65+ years and **Indigenous or Kinship Carers** aged 55+ years who live with and care for children (including adult children), with a mental illness and/or intellectual disability.

What type of Respite can be provided?

The intent of the Respite Program is to be as flexible as possible in its approach to the carers support and need.

THESE OPTIONS MAY INVOLVE:

IN HOME AND COTTAGE RESPITE: Planned day, evening, weekend and/or overnight respite in your home or a community "Cottage" respite house to allow you, the carer, a break from the full time caring role.

COMMUNITY ACCESS & RECREATION RESPITE: A planned respite option that fits in with the carer/family need for a break. This option offers the care recipient outings in the community and planned events for half/full days and evenings e.g. sporting events, movie, restaurant or concerts.

CENTRE-BASED DAY RESPITE: Skill development and creative activities at a HWNS centre or other venue/community group.

CONTACT US

House With No Steps Western NSW Ph 02 6852 2399

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Or Complete and return or drop the attached expression of need form to our office and we will contact you to discuss your needs.



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Yes, I would like to discuss further respite needs or receive further information about support available:

Name:

Address:

Preferred contact number:

I would like information on

Respite for person with intellectual disability

Respite for person with mental health needs

Respite for person with Autism

Other supports/ respite services

(specify)

Please return or drop into:

HHouse With No Steps Western NSW

98-106 Rankin Street

Forbes NSW 2871