

# Commonwealth Respite and Carelink Centre Inner West



Do you provide sustained care for someone with Dementia?

*Do you need education or training to keep you strong and stress-less in this role?*

Do you live in the Inner West?

*We may be able to identify and link you with relevant courses and cover the costs. Respite and transport can also be provided so you can attend the training*

The Commonwealth Respite and Carelink Centre in the Inner West is a vital link to:

- Accessing free information on and referral to community support services available in the Ashfield, Burwood, Canada Bay, Canterbury, Leichhardt, Marrickville and Strathfield local government areas
- Arranging emergency and short term respite for carers

## Areas of Training could be : -

- Legal Issues
- Advocacy
- Managing behaviours
- Health and well being
- Decision making
- Home skills
- Understanding Dementia
- Self Care Strategies
- Contenance management
- Communication
- Computer and internet use for banking, online shopping, and emails
- Personal care

**FREECALL™**

**1800 052 222\***

\*calls from mobiles are charged at applicable rates

**Emergency respite can also be accessed via this number outside of business hours**

If you need an interpreter to contact us telephone the Translating and Interpreting Service on 131 450

Visit our shop front at:

**44 Liverpool Road  
Summer Hill NSW 2130**

**Office hours: Monday to Friday 9am – 4.30pm**

For more information visit: [www.wesleymission.org.au/crcc](http://www.wesleymission.org.au/crcc)



**The Commonwealth Respite  
and Carelink Centre Inner West  
is an activity of Wesley Mission**