

Being a carer for someone who needs ongoing care or support is a huge responsibility. Often this is in addition to other family, work or community commitments. For some carers their role can be exhausting or overwhelming at times.

Inner West Commonwealth Respite and Carelink Centre
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The MHRP is an Australian Government Initiative
*free call except mobiles

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Wesley Mission is a part of the Uniting Church in Australia. ABN 57 996 964 406



Commonwealth Respite
and Carelink Centre
Inner West



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Mental Health Respite Program

For carers of people with mental illness, intellectual disability or autism



Mental Health Respite Program

Wesley Mission understands that carers need to take time out for themselves. Time to take care of personal business, appointments, shopping or simply having a rest. There may also be times when the carer is unwell or not able to provide care for a period of time.

The Australian Government provides funding specifically for carers of people with a mental illness, an intellectual disability or autism.

What is carer respite?

There are many different types of respite services that can give carers a break from their usual caring role.

They may include:

- Support with housework
- Assistance with shopping
- Keeping someone company at home
- Transport

- Assistance to access the community for the person who receives care
- Support to access other services, programs or support groups
- Having time away for the carer or the person being supported.

How does it work?

Support is provided short-term and in either planned or emergency situations. For emergencies the Commonwealth Respite and Carelink Centre (CRCC) can be called out of business hours.

CRCC have been arranging respite services for carers for many years and recognise the importance of carers. We work together with carers to plan the respite they need and we know the different support and respite services in the local area. We also understand how important it is to make sure that the type of respite provided is suitable for the person who receives care.

How to organise respite care

- The carer contacts their local centre (CRCC) on 1800 052 222* or innerwestccrcintake@wesleymission.org.au and discusses their respite needs with centre staff.
 1. CRCC assesses needs and works out a care plan with the carer.
 2. CRCC organises a suitable service provider
- Service provider connects with the carer and person being cared for, for agreed services
- If services need to be changed or extended or carer needs service again, he or she contacts CRCC again.

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1800 052 222
rest relax respite

