

# Respite care



Life is a journey

  
The **Whiddon** Group

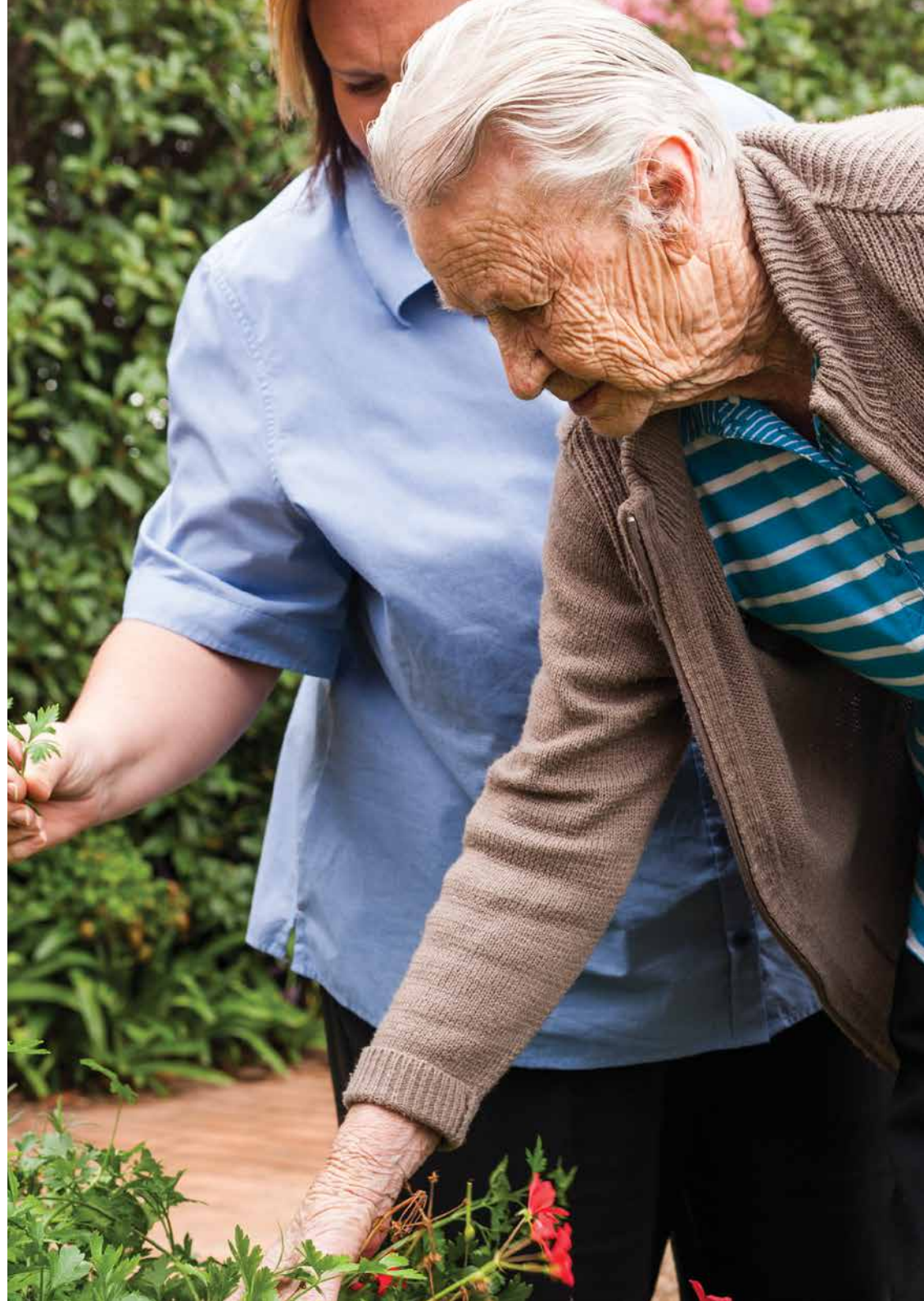
# We're there when you need us

Whiddon understands how important it is for you to enjoy the independence of living at home. Even so, you'll find that sometimes you or your carer will need a break, or some extra support. Our respite services are designed to give you continuity of care, and peace of mind.

If you've been in hospital, or are recovering from illness, you may appreciate some extra assistance to get you back on your feet. You may need to look after a loved one, and need a little extra support.

If you already have some help, respite care gives your carer the chance to go on holidays or attend to daily life, knowing that your routines and requirements are being looked after, just as always.

Whiddon can help you arrange respite for as little or as long as you need – it may be for a few hours, or days, or longer.





# Respite options

## In your home

Our in-home care team offer daytime, overnight or weekend respite to assist you with:

- personal care such as showering, dressing and help with mobility
- household chores such as cleaning, washing and ironing
- shopping and meal preparation
- transport to appointments and social engagements
- medication management.

We're there to help you with the things you would otherwise do by yourself or with your usual carer.

Our qualified and experienced professionals will sit down with you and your family to discuss your needs and make sure we're familiar with your routines and preferences.

## In our home

If you need longer-term respite, we can help organise a stay in one of our residential care homes.

Respite offers carers the opportunity to take a few days to recharge their batteries, attend to work during busy periods, or to travel overseas, knowing their family members are in safe and caring hands.

Whiddon has 19 residential care homes throughout rural and regional NSW, and has been caring for older Australians for 70 years.



## Social and day programs

Whiddon offers social day respite program for seniors in a number of areas. Day respite provides opportunities for older people and people with a disability to participate in engaging social activities with the support of our highly qualified and experienced staff, while their carers take a short break.

At Whiddon, we believe in positive ageing through creative expression – it's been proven to build confidence and reduce stress. Our Seniors Social Program incorporates a range of creative ageing activities featuring arts, crafts, music, cooking, digital technology, discussion groups and community outings.

Find out more about our day respite programs on 1300 738 388.

## How can I access respite services?

If your Aged Care Assessment Team finds you eligible for respite care services, you can receive up to 63 days of respite in a residential care home each year.

Please talk to your GP or Hospital, or phone MyAgedCare on 1800 200 422 to find out more about being assessed for Respite Care.

## What does respite care cost?

Costs for respite care may vary depending on the type of care and support that you need. We recommend that you speak to your local Aged Care Assessment Team or MyAgedCare to find out if you are eligible for government funded respite services.

If you're unsure or would like assistance or further information on respite services and costs, please contact our customer service centre on 1300 738 388.

# The Whiddon Group

Whiddon has been giving award-winning care and support services to generations of Australians across NSW for 70 years.

From our philanthropic start, we have grown into a not-for-profit organisation with more than 1700 staff supporting over 2000 clients. We offer residential, community care, and independent living services to give you continuity and peace-of-mind as your needs change.

From our decades of experience, constant participation in the latest research-based programs, and ongoing development of new ideas

and services, we know that there are many opportunities for improved wellbeing, regardless of anyone's age and physical condition.

At Whiddon, we are dedicated to supporting and respecting the wishes and choices of our clients and their families to promote complete social, emotional and physical wellbeing.

Our strong presence in regional, rural and remote NSW sets us at the heart of our local communities, both as an employer and valued provider of aged care services. We actively promote and maintain a proud sense of community – wherever we are, everyone matters.



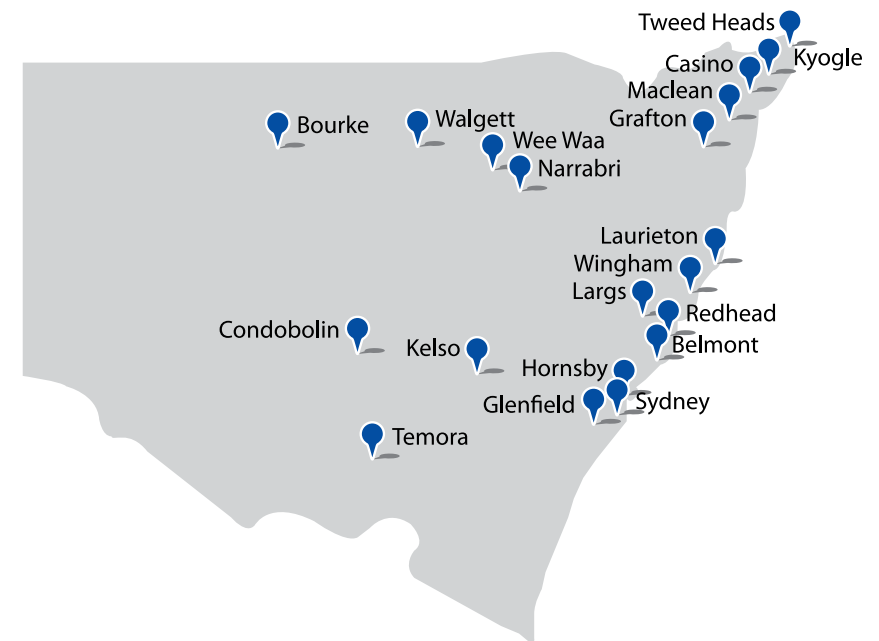
## Call us to find out more

Please get in touch to find out how our respite care service can support you and your family when you need it.

## The Whiddon Group Community Care

1300 738 388

[hello@whiddon.com.au](mailto:hello@whiddon.com.au)



Whiddon welcomes you



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