

# Your Rights and Responsibilities

## You have the right to:

- be treated with respect and the freedom to make your own decisions
- be involved in deciding the community care that best meets your needs, including choosing from available services
- receive community care that takes into account your lifestyle, cultural, linguistic and religious preferences

## Your responsibility is to:

- inform us of concerns regarding the quality of any of the services received
- inform us of concerns regarding the professional conduct of service providers
- always act in a way that respects the rights of other service users and staff of the program

### *If you need an interpreter*

Telephone the Translating and Interpreting Service on 143 14 50 and ask to be connected to 03 5723 8000.

### *If you have other communication needs*

If you are deaf, have a hearing impairment, or complex communication needs, telephone the National Relay Service on 13 36 77, or speak to the Speech to Speech Relay Service on 1300 555 727 and ask to be connected to 03 5723 8000.



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**Tel:** 03 5723 8000  
**Fax:** 03 5723 8008

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BRC006

**Local People  
Helping  
Local People**

# Older Carers Respite Program

**Ovens, Murray & Goulburn  
Regions**



# Older Carers Respite Program

## About the Older Carers Respite Program:

*The Older Carers Respite Program is designed to provide respite for older carers who are providing significant support to a person with a disability.*

### Eligibility

- ↳ Carers aged 60 years and over, who are caring for a family member with a disability
- ↳ Aboriginal and Torres Strait Islanders aged 50 years and over who are caring for a person with a disability
- ↳ The Person being cared for must be under 65 years of age and have a disability as defined by the Disability Act 2006 (amended 2012)
- ↳ Must live in the Ovens, Murray or Goulburn Regions

## What is Respite?

Respite is an opportunity to take a break from the caring role and for the person with a disability to participate in individually planned activities.

### The Older Carers Respite Program can offer:

- ↳ in-home activities
- ↳ trips and outings
- ↳ camps
- ↳ special interest activities
- ↳ day and overnight respite
- ↳ planned or emergency respite if the carer is hospitalised

For information and applications call

(03) 5723 8000

Monday – Friday

9.00am – 4.00pm

