## Support for Carers Program

Swan Hill District Health can provide carers with flexible respite options so to allow you to attend other duties, such as work or study, attend a social outing or a medical appointment. This is designed to support you in your caring role and help you to live a fulfilling life.

- In home respite
- Community-based respite / outings
- Group-based respite



## How can SCP help me?

While caring for another person, you may be overlooking your own needs. As an unpaid carer you may be caring for a family member or friend, such as an older person with care needs, a person with a disability, a mental illness or an ongoing health condition. Eligibility is not reflected by whether the care recipient receives NDIS or Home Care Package funding.

## How can I access SCP funding?

To access the service, you can self-refer by calling the office. Health professionals are also encouraged to refer eligible carers.

Phone us on (03) 5033 9410 or 0484 149 926

FOR MORE INFORMATION CONTACT:

SUPPORT FOR CARERS PROGRAM | 98-100 Gray St, Swan Hill

**Phone:** (03) 5033 9410 | **Web:** <u>www.shdh.org.au</u>

