

WORX Program: Respite for Working Carers

Resthaven supports carers of older people to have a planned rest or break (respite) from their caring role, and to maintain their own physical and emotional health. The WORX Program offers employed family carers the opportunity to access respite, whilst they go to work, seek employment, or study to return to the workforce.



Who is eligible?

Employed people who live in the southern and eastern metropolitan areas, and care for an older person.



Cost:

\$20 per day.

What is available?

- One day respite per week, 9.00am-5.00pm,
- Transport of the person being cared for, to and from respite locations,
- A nutritious, healthy lunch, and social activities for the person being cared for.



Locations and days:

- Lane Cottages, Truro Avenue, Kingswood (available Mondays, Tuesdays, Wednesdays and Thursdays),
- Hersey Cottages, Township Road, Marion (available Tuesdays only).

Further information:

For more information, please contact WORX Coordinator, Dina Nesci, on 8358 3173. Alternatively, you can visit the Resthaven website at: www.resthaven.asn.au

Resthaven website: www.resthaven.asn.au