

# Referral pathway into Alfred Health Carer Services' Commonwealth Home Support Program via *My Aged Care*

Alfred Health Carer Services (AHCS) provides a number of respite and support programs within the Southern Region.

To locate Alfred Health Carer Services' CHSP programs, follow the diagram below:

## Step 1: Choose sub-program

Carer Relationship and Carer Support

## Step 2: Choose service type

Centre-based Respite

Flexible Respite

Cottage Respite

## Step 3: Choose funded activity

Centre-based Day Respite

Community Access Group

Residential Day Respite

Host Family Day Respite

In-Home Day Respite

Overnight Community Respite

**Froniditha Care**  
Greek Centre Based Day Respite

**Central Bayside Community Health Services**

Give it a Go (GIAG)  
Let's Go for Coffee (LGFC)

**Alfred Health Carer Services**

**Froniditha Care**  
Greek Host Family Day Respite

**Alfred Health Carer Services**

**Alfred Health Carer Services**

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## Centre-based Respite

**Froniditha Care: Greek Centre-based Day Respite** meets Wednesdays 9.30am to 2.30pm at Greek Residential Aged Care in Clarinda (Clayton South). Fees apply (subsidised). *More information call Froniditha Care on 9552 4117.*

**Residential Day Respite (RDR)** access to activities with residents in selected aged care facilities. Assistance from trained care attendance and nursing staff access to extra services eg. hair dressing, physiotherapy etc. Offers flexible hours and long day stays. Fees apply (subsidised) for sessions and meals. *More information, call AHCS on (03) 9076 4300.*

**Community Group Access (GIAG & LGFC)** offer weekly social outings, Wednesdays 10.00am to 3.00pm. For people 65-70 (GIAG) and 70 and over (LGFC) in early stages of dementia. Most suitable for physically active. Fees apply (subsidised). *More information call CBCHS on 9581 8500.*

## Flexible Respite

**In-Home Day Respite (IHR)** provided by trained and experienced staff taking into account clients' needs and preferences. Staff provide support and companionship at home or out and about in the community. Regular respite of approximately 52 hours per quarter may be used on a weekly basis or more flexibly. Clients will be asked to contribute to the cost of respite. *More information, call AHCS on (03) 9076 4300.*

**Greek Host Family Day Respite** provides support, activities and home-cooked meals for a small group of Greek speaking people with dementia. Clients are welcomed into the home of a Greek-speaking host, assisted by a trained support worker. Fees apply (subsidised). *More information call Froniditha Care on 9552 4117.*

## Cottage Respite

**Cottage Respite (COTT)** provides clients a weekend away (Friday to Sunday) at a purposely built holiday cottage in Rosebud. A group of five people can enjoy each other's companionship and a range of indoor and outdoor social activities with support and supervision from trained personal care attendants. Fees apply (subsidised) which include accommodation, activities and meals. *More information, call AHCS on (03) 9076 4300.*

**For assistance or more information, call Alfred Health Carer Services, (03) 9076 4300.  
To self refer, call My Aged Care on 1800 200 422.**