

Older Parent Carer Project

As carers get older, their capacity to continue caring for their relative with a disability diminishes. Consequently, the need for targeted respite support increases. Cootharinga's *Respite for Older Parent Carers Project* in Townsville, Mackay and surrounding areas provides a range of options for families. Respite through the *Older Parent Carer Project* provides opportunities for a parent/carer to be involved in planning for the long-term needs of their loved one.

Activity & Respite Centre

Cootharinga's Activity & Respite Centre opened in August, 2009. The Centre is flexible and responsive to meet the needs of families. Respite can be provided for short planned breaks, daytime, overnight and weekend and is also available in the event of an emergency.



The Activity & Respite Centre's day activities program focuses on enhancing the independent living skills and community connections for people with a disability. Programs available are flexible and based upon individual needs and include arts and crafts, cooking, road safety skills, games, outings etc.

Respite Service

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Respite

Cootharinga's Respite service is designed to provide relief for a carer who has the responsibility for a person requiring ongoing care, attention and support.

We provide a range of respite options for people with a disability, their families and carers. At the very heart of our philosophy is a strong focus on person centred planning, practice and self-directed support options. That means our services are flexible and continually respond to the needs of both the individual and the family.

The service provides:

- General Respite in the Townsville region for people aged 6-65 years.
- "At Risk" Respite for those living in North Queensland aged 18-65 years.
- *Older Parent Carer Respite* is for carers in Townsville & Mackay region aged 65 years and over (if indigenous, aged 45 years and over).
- Centre-based Respite/Activity and Respite Centre for people aged 6-65 years.

The Respite Service focuses on providing flexible respite options to families. Respite gives families and carers a break from their caring role allowing them to manage the ordinary day-to-day tasks that others take for granted.

We offer a range of options:

- In-Home Respite providing respite to the parent/carer within their own home. Hours of respite are flexible from a few hours to overnight or longer periods of time.
- Centre-based respite which provides overnight accommodation or a longer stay in the respite centre.
- Recreation and Community Access includes social activities and recreational programs, through the provision of a support worker to enable people living with a disability to interact and integrate into their local community.
- Weekend Respite options on an individual and or group basis.
- Cootharinga's Activity & Respite Centre offers quality respite care, daily living skills development and support to people with a disability aged 6-65 years. Respite can be provided for short planned breaks, daytime, overnight and weekend and also in the event of an emergency.



The Respite Service can assist clients in the areas of:

- Accessing the community to gain life skills for independent living.
- Developing and learning new skills
- Learning to access public transport and money management
- Social activities - social and recreational activities, arts and crafts, movies, ten pin bowling and fishing.

