

## Respite Care

Respite Care helps Carers to have a break, or helps you with the care of a child, adult with an intellectual or physical disability or frail aged person.

Respite Care can involve:

- Assistance with personal care tasks
- Meal preparation or just hanging out
- Reading and writing letters

**Carers** can be young or old, male or female and provide different kinds of help to the people they care for. Looking after someone is a very big job. Often people who are looking after someone can get very tired.



## Cost & Assessment

At an initial assessment the costs are negotiated.  
The cost is dependent on income and an individual's capacity to pay for the service.

## GETTING HELP AND ADVICE

Frankston City Council  
Family Health Support Services

**Phone: (03) 9784 1933 or  
1300 322 322**

PO Box 490  
Frankston, Vic 3199  
Fax: (03) 9784 1770

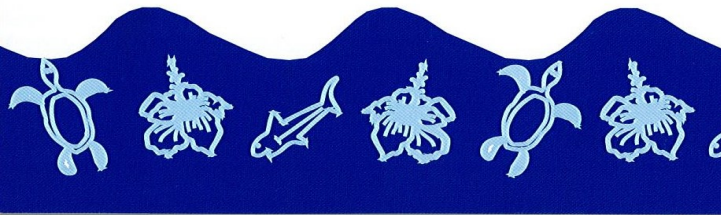
Website: [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)  
E-mail: [intake@frankston.vic.gov.au](mailto:intake@frankston.vic.gov.au)



**Active Ageing and Disability Services is jointly funded by the State and Federal Governments**



**Home and Community Care**



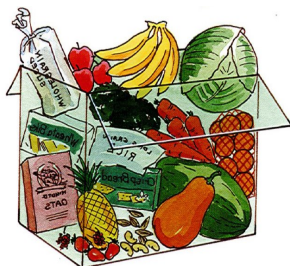
# SERVICES OF FRANKSTON CITY COUNCIL

## Meals on Wheels

Meals on Wheels provides nourishing hot meals five days a week delivered Monday to Friday between 11:00am and 1:00pm.

### Ask us how

We have frozen meals for weekends or public holidays.



## Planned Activity Groups

It is important for people to get out of the house to activities so they can swap stories and have fun.

We have regular group outings and activities. People must be able to manage the steps into the bus and their own toileting.

## Community Transport

For people who have trouble using public transport. We offer a pick up and drop off bus service. The bus will come and pick you up from your home and take you to certain shopping centres and the library.

## Personal Care

The Personal Care service is for people who need help with:

- Showering and bathing
- Dressing and undressing
- Getting in and out of bed
- Shaving and washing hair
- Feeding
- Mobility and toileting
- Escorted shopping
- Prescribed exercise or therapy

## Home Care

Do you need some help with household tasks?

We can help you with:

- Cleaning a bathroom & toilet
- Vacuuming
- Mopping floors
- Laundry and ironing
- Meal preparation and cooking
- Unescorted shopping



## Home Maintenance

Safety and security around your home is important.

Our friendly home maintenance crew can help with jobs such as:

- Installing handrails, grab rails, handheld shower fittings.
- Minor repairs
- Changing light bulbs
- Installing smoke detectors

**Permission may be needed from your Landlord.**

