



**Suncare**  
COMMUNITY SERVICES



*Are you a carer?*

*Suncare Respite Services:*

Suncare Community Services provide in-home care to people who are ageing, living with a disability or mental illness and offer a range of respite services for carers to help you maintain your own wellbeing, by giving you the support you need to keep caring.

## *Keep living life your way*

Suncare have been providing quality in-home care for over 40 years and during this time we have learnt just how important it is to be able to look after those who help their loved ones to continue to live in their own homes. We want to support you to keep your loved one in their familiar surroundings and to stay connected with family, neighbours and the community.

Our friendly team spend time getting to know you both and your precise needs, so we are able to tailor a care package to suit, at a time convenient for you. The individual care plan can be for as much or as little help as you need to keep living life, your way.

**SUNCARE IS AN OPERATOR OF COMMONWEALTH RESPITE AND CARELINK CENTRES (CRCC) IN SOUTH-EAST AND CENTRAL QLD.**

## *Short term care or emergency respite*

If you are a carer, you may be eligible for subsidised short-term or emergency respite.

### **RESPITE SERVICES ARE AVAILABLE WHEN YOU:**

- need to be away from your caring role for a short time;
- need a break for your own wellbeing; or,
- face an emergency.

# Types of respite

Respite can be delivered in your own home, in one of our respite cottages, at a day respite centre or other community-based environments. We can tailor respite to your circumstances and the needs of the person you care for.

## THROUGH THIS INITIATIVE WE PROVIDE:

- Flexible short-term respite options including in-home and centre-based care
- Emergency respite support
- One-on-one support
- Support groups, recreational activities and peer engagement for you and the person you care for
- Local knowledge, advocacy and working relationships with local services and agencies

## Who is eligible?

Respite is available to people of all ages who act in a caring role for a friend, loved one or family member who are frail aged, have a disability, or are living with mental illness.





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## *Locations*

Suncare is a Queensland based not-for-profit organisation operating centres in Brisbane and the Sunshine Coast, across the Wide Bay and Burnett regions and Central Queensland. Call us to find out what Suncare services are available in your region.



ROCKHAMPTON



BUNDABERG



HERVEY BAY



GYMPIE



SUNSHINE COAST



NORTH LAKES

## *Contact Us*

For short-term and emergency respite contact Commonwealth Respite and Carelink Centres:



1800 052 222



1800 059 059 (After Hours)

For all other enquiries contact Suncare:



1800 786 227



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