

# Will my information be kept private?

Yes. We will keep your name and contact details on your consumer record. Other details will be recorded in your consumer file.

Only the workers who you have direct contact with may read your file. If we need to talk to someone else, we will get your permission first.

For more information on Consumer Privacy, read our brochure:

'Your Information-It's Private'

# Where can I get more Information?



Phone the  
Volunteer Coordinator  
on 54772163

# Is there a cost?

No, this is a free service provided by East Wimmera Health Service.

At Carer lunches, Carers pay for their own meals.

This service is supported by  
the Victorian Dept of Human Services

March 2007

East Wimmera Health Service

**CARING FOR  
CAREGIVERS**



**CARERS SUPPORT**

Primary Care Services

# EAST WIMMERA HEALTH SERVICE

## ST. ARNAUD COMMUNITY HEALTH CENTRE

### CARERS

Are you a person responsible for caring for someone who is frail, aged, has dementia, a disability or chronic illness and needs assistance with daily living tasks?



There are at least 500,000 carers in Victoria and 2.1 million nationally providing support to families and friends.

Being a Care-giver can be very rewarding, but it can be also very demanding and difficult work.

Most Carers are under considerable stress most of the time. They often provide 24 hour care with little respite.

Carers need to take care of themselves.



St Arnaud Community Health Centre offers a variety of Programs to assist and support Carers.

- Carer Information
- Carer Support
- Respite Assistance
- Carer Lunches (3rd Wednesday of each month)
- Volunteer Visiting Program
- Stress management and Relaxation
- Counselling & Social Work



If there isn't a program to suit your needs let us know, we can put you in touch with a person or service who does.