

# Carer Support Program

Supporting Care Relationships



## CARER SUPPORT PROGRAM.

This program supports people who are providing care to someone else. The care recipient may be a family member or friend.

**For further information contact:  
Southern Migrant & Refugee Centre,  
39 Clow St, Dandenong VIC 3175  
(03) 9767 1900**

## Why does SMRC have a Carer Support Program?

People who are looking after someone else, often do not know that there are services in the community to support them.

Looking after someone else can be very demanding and a carer can often feel isolated.

The program organizes activities to maintain the social, physical and emotional health of carers themselves.



If you need an interpreter, Call SMRC on the above number say your name, the language you speak, and your telephone number.

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## Eligibility for Carers program:

Carer Support Program is available to all carers from CALD background who are supporting people with a disability, mental illness, dementia or who are frail aged living in:

- City of Greater Dandenong
- City of Casey
- Shire of Cardinia
- City of Kingston
- City of Monash

## What the Carer Support Program offers?

- Individual support and assistance
- Life Coaching
- Counselling
- Information to support carers
- Peer Support meetings
- Social outings
- Wellness activities
- Flexible Respite
- In Home Respite

This Program is supported by Aged Care, Department of Health, Victorian Government

