



## General Information

### Fees

Bass Coast Shire Council's Carer Retreats are jointly funded by Federal, State and Local Governments. Fees for these retreats are minimal and will be discussed at assessment.

### Diversity

Our past experiences, culture, religion, health, sexual preference, financial situation, etc all make us unique. We encourage you to talk with us about your needs and we support you to use an interpreter, advocate or friend at any time. We also have translated information and experienced and trained staff.

### Privacy

In compliance with the provisions of the *Information Privacy Act 2000 and Health Records Act 2001*, Bass Coast Shire Council maintains the confidentiality and privacy of information and documentation for all clients. Client information is used and collected in line with the Information Privacy Principles and Health Privacy Principles.

### Advocacy

We welcome an advocate, friend or family member at your assessment. This person can act on your behalf if you wish and we can assist you to access an advocate.



### Contact Details

#### Planned Activity Group Coordinator

In person

Cultural Centre  
91-97 Thompson Avenue  
COWES VIC 3992

#### Postal Address

PO Box 118  
WONTHAGGI VIC 3995

#### Telephone

1300 BCOAST (226 278)  
cost of a standard local call  
133 677 National Relay Service  
(for people with communication difficulties)

#### Email

[basscoast@basscoast.vic.gov.au](mailto:basscoast@basscoast.vic.gov.au)

#### Website

[www.basscoast.vic.gov.au](http://www.basscoast.vic.gov.au)



## Carer Retreats



These services receive funding from  
Commonwealth and Victorian Governments.

## What are Carer Retreats?

Carer Retreats offer the chance for you, and the person you care for, to have a well-earned holiday **together**. Caring for someone full-time can be exhausting and it is with this in mind, that we plan these two night and three day holidays.

The itinerary is flexible and designed to give you a break while the person you care for is looked after by our trained staff. We organise separate trips and outings for both groups during the day and everyone meets back at the accommodation venue for dinner. Transport, accommodation and meals are included in the Retreat.

Carers Victoria will conduct a workshop during the retreat, which provides practical strategies to help you manage stress. Carers also have the chance to experience various relaxation techniques which can be used at home, eg massage, yoga and facials.

## Who can access Carer Retreats – Eligibility?

If you are a full-time carer of someone with dementia or a chronic health condition, our Carer Retreats are designed for you and the person you care for. Priority is given to people who have not been away or had a holiday together for a long time, due to the stress involved in planning a holiday and the responsibility of caring for someone away from their home environment.

To find out if you are eligible to attend a Carer Retreat, we need to meet you in your home.

One of our trained and experienced Assessment Officers will talk with you about Carer Retreats and what supports you may need to continue in your caring role. Costs of attending the Carer Retreat will also be discussed.

## What are the aims of Carer Retreats?

The Retreats aim to:

- reduce carer stress
- provide a holiday to people who would otherwise not go on a holiday due to their caring responsibilities
- be provided at minimal cost
- provide a positive and fun experience for both you and the person you care for
- provide opportunities for you to develop meaningful relationships and a support network with other carers
- provide opportunities for you to learn practical strategies for dealing with stress
- empower you to access other respite opportunities available in the community and help you to remain in your caring role



## Waiting list

We usually hold three retreats per year and there is often a waiting list for this very popular program. Priority is given to carers who are experiencing high levels of stress and those who would gain the most benefit from a short break away with the person they care for.



If you are currently ineligible for our service please contact us if your circumstances change.

If you choose not to take up our services this will not affect your ability to access services in the future.