

YOORALLA

People Helping People Achieve

Having a break

...everyone needs time off for a rest

www.yooralla.com.au Ring 1300 yooralla



Time for a rest

... people who care for others need regular rest periods. Yooralla makes this possible in a number of ways.

Facility based respite

... provides temporary care for a person with a disability in one of Yooralla's respite houses – this could be in Box Hill, Glenroy or Reservoir.

Each house has a home-like environment, is fully wheelchair accessible with specialised equipment, and has qualified staff for all personal support. At Box Hill and Glenroy we can support those who have high or complex medical needs.

Our service at Reservoir has been designed to meet the needs of adolescents with intellectual disabilities and can support those who may have behaviours of concern.

Yooralla's respite houses cater for both planned and emergency respite.

In-home respite

... provides support for people with disabilities in their own homes, as well as assisting them to get out into the community, while giving their primary carer(s) a break. This service can be used in a flexible and responsive manner to meet the requirements of the client and carer. It aims to provide the primary carer(s) with support, allowing time for themselves in or away from the home. It also offers the advantage of minimising disruptions to family members, especially the person with a disability.

Breakaway flexible respite

... provides funds to carers for planned and emergency respite in and out of the home. These funds can be used creatively to enable people to choose the type of respite that best suits individual needs.

Respite coordination & individualised planning

... provides assistance to the primary carer(s) of a person with a disability by assisting them to identify the type of support options that can best meet their unique requirements. The service will then assist the person and their carer(s) to find and use the options of their choice.

It assists carers to navigate a sometimes-complex respite system and is available to people without current case management.

The programs are available to people requiring support to explore community based options.



RIDE

... provides information concerning available respite services for people with disabilities aged between six and 64 who reside in the Eastern Metropolitan Region of Melbourne.

Recreation Services

... provide wide ranging fun, adventurous and/or relaxing recreational pursuits that give feelings of wellbeing, physical achievement and purpose, as well as the opportunity of making friends and getting out and about in the community.

Activities include swimming, camping, attending children's activity groups, youth groups, and holiday camps.

Call the Recreation team today to see what's going on in your neighbourhood.

The complete range of Yooralla service brochures are available under the following titles:

- Somewhere to live
- Information and Equipment Services
- Children's Services
- Employment and Choices for School Leavers
- Having a break
- Getting information and Making Plans

YOORALLA

People Helping People Achieve

Yooralla A.B.N. 14 005 304 432

244 Flinders Street, Melbourne, Victoria 3000

P.O. Box 200, Flinders Lane, Victoria 8009 Australia

Telephone: 1300 yooralla **Facsimile:** (03) 9654 7779

1300 96672552

Email: ooralla@ooralla.com.au

Website: www.yooralla.com.au