

Illawarra Carers Respite Retreat

Tuesday, 18 September – Friday, 21 September

Crowne Plaza, Canberra

This retreat is scheduled to coincide with Canberra's iconic Floriade festival



ELIGIBILITY

- You must have a **My Aged Care Referral Code for "Cottage Overnight" Respite for the person you care for.**
 - You must be the **main carer of a person aged 65 years or over** or if Aboriginal or Torres Strait Islander, 50 years or over.
 - You must be registered as a carer with Carers ACT. Registration is free. If you are not already registered, we will help you register with us.
 - **Preference will be given** to carers who haven't attended a Carers ACT respite retreat within the last 12 months.
 - Applicants who are accepted will be required to pay a **\$95 contribution per person** prior to secure placement, ie **\$190 in total**
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SCHEDULE

Depart Illawarra Region	Tuesday, 19 September at 2pm
Arrive Canberra	Tuesday, 19 September at 5.30pm
Depart Canberra	Friday, 21 September at 10.30am
Arrive Illawarra	Friday, 21 September at 2pm

What Carers ACT provides during the retreat:

- Accommodation for three nights, 18, 19, 20 September at the [Crowne Plaza, Canberra](#);
- Coach transport from Albion Park Rail, Figtree or Nowra to Canberra and return (carers are welcome to arrange their own transport at their own cost – hotel parking can be arranged)
- Professionally staffed aged care day program for recipient care 19 and 20 September from 9am to 5.30pm
- Lunch, dinner, morning/afternoon tea;
- Some optional carer activities

What we are not providing:

- Personal care for care recipient;
- Care support outside of the hours of the day program;
- Food and drinks you choose to order in addition to the catered meals and drinks provided
- Alcoholic drinks (you are welcome to purchase your own alcoholic beverages with dinner)
- Additional room charges;

DAY PROGRAM FOR CARE RECIPIENTS

The care program will be held across the following hours.

WED, 19 September	9am – 5.30pm
THU, 20 September	9am – 5.30pm

Carers are welcome to settle their loved one into the program knowing they will be supported by a team of professional aged care workers while taking some well-deserved time out.

The Carers Lounge is stationed close by where scheduled activities will take place and is a designated “time-out” space for carers.

All activities arranged for carers are optional.

[Floriade is a short walk from the Hotel](#). Participants are free to take this time out themselves, returning to accompany your loved one to lunch and dinner.

Some of the activities that your loved one will participate in the Day Program include, music, board games, cards, dominoes, coordination games (ping-pong, hoops); outdoor walk, conversation, colouring.

Applications close Friday, 10 August 2018

**For all enquiries, please email susanne.morton@carersact.org.au
or phone Susanne on 02 6296 9989**

PLEASE COMPLETE THE APPLICATION BELOW AND RETURN TO:

Carers ACT
 80 Beaurepaire Crescent
 HOLT ACT 2615
 Or email to: Susanne.morton@carersact.org.au

First Name		Surname	
Address			
PHONE (Home)		PHONE (Mobile)	
Email			
Name of care recipient			
Age of care recipient			
Relationship to care recipient			
Approx. number of hours per week in caring role			
Less than 20 hours	20 – 39 hours		40 hours or more

Carers ACT provides professional aged care support workers however, we are only able to provide low care support for recipients. It is important that we know the severity of conditions of the persons attending the retreat.

Please provide details of any health issues, medical conditions, dietary requirements or allergies that we may need to be aware of.
Do either of you have any mobility issues that require additional consideration for room allocations?

All carers are required to provide contact details for at least one emergency contact, in case of emergencies.

Emergency Contact Name	
Address:	
Phone (Home)	Phone (Mobile)
Email:	

Is there any other information that you would like to provide to assist us to assess your application?

Applicants are advised that while reasonable care will be taken to assist with the health and wellbeing of all participants, the participants are solely responsible for their safety, health and wellbeing at all times.

- I understand that Carers ACT assumes no responsibility for storage and administration of medications or for lost or stolen personal belongings, and that I am responsible for my safety, health and wellbeing at all times during this event.*
- I understand that Carers ACT is not responsible for any additional costs (mini bar, phone calls, damage to rooms, extended accommodation etc) during the event that may be incurred by me; these costs must be covered by me.*
- I understand that, if my application is successful, I will be required to pay an \$95 non-refundable contribution per person (\$190) by **Monday, 3 September** to secure my place at this event.*

Signed (Applicant):

Date: