

Who is Carers ACT?

Carers ACT is a not-for-profit organisation and the peak body for carers in the ACT. We provide a range of practical programs and services to those who care for family members or friends who are aged, living with dementia, a disability or ongoing physical or mental ill health. We provide information, advice, counselling, and support groups, as well as carer connection, wellbeing, social and educational groups. For more information on our services, call 6296 9900.

Aged Care Services

Our aged care services include Home Care Package management, social activities, and weekly groups, including specific cultural groups. We provide equipment and assistive technology service. In addition to our respite Cottages, we can arrange in home support through our flexible respite program.

Carer Wellbeing

Caring for someone is very rewarding, yet it can also be challenging to balance caring, work, and family life. Maintaining your own mental and physical wellbeing is important, so you can continue to provide care to others. We offer a range of services to support you - both as a carer and as an individual - and help you manage your caring relationships while maintaining your sense of self. Remember: when you feel better, you care better.

Carer Activities

We offer supportive programs for carers from educational, therapeutic and social activities (such as workshops, yoga, support groups, retreats, craft groups and monthly lunches for carers of people with dementia). Check out our 'What's On' monthly calendar on our website to see what activities you'd like to attend.

Emergency Support

We can offer assistance in an emergency if you become ill, need to go to hospital, need an immediate break, or if there's an emergency situation in your extended family.

CarersACT

Deakin Cottage & Naragana-Wali Cottage

Deakin Cottage
117 Denison Street, Deakin ACT 2600
(02) 6285 2085

Naragana-Wali Cottage
28 Rowntree Crescent, Isaacs 2607
(02) 6296 9940

Open 7 days and nights a week

Email: carers@carersact.org.au

Web: www.carersact.org.au

Facebook: [Facebook.com/CarersACT](https://www.facebook.com/CarersACT)

Carer Support

1800 200 422 My Aged Care, www.myagedcare.gov.au

1800 422 737 Carer Gateway, www.carergateway.gov.au

02 6296 9900 Carers ACT



Carers ACT is committed to inclusiveness in all communities and endorses diversity, supports equal rights and rejects discrimination of all kinds.

Deakin Cottage & Naragana-Wali Cottage are supported by the Australian Government Department of Health.

2021

AGEING & DEMENTIA SHORT-STAY COTTAGES



CarersACT

Caring for Family & Friend Carers
in the ACT

A Home Away From Home

Carers ACT operates Deakin Cottage & Naragana-Wali Cottage, a "home away from home" that provides professional and personal care for people who are ageing and/or living with dementia. Our services include interactive day programs, overnight stays, and short-term respite stays, which enable family and friend carers to have a short break from caring.

A Nurturing Environment

Our Cottages are set amongst safe and secure gardens in the leafy suburbs of Deakin and Isaacs. Each cottage has four bedrooms available for overnight or short stays. The nurturing environment created by our caring and dedicated staff is apparent from the individualised care and genuine concern for the wellbeing our clients. Freshly made quality meals, tailored for each person's dietary requirements, are prepared at the cottages, enabling our clients to enjoy home style meals.

Day Program Activities

On weekdays, we operate a popular day program, with the key goal of assisting our clients with everyday living skills, socialisation and memory retention. We also individually tailor hobbies to reflect our clients' life interests. Regular activities include:

- ✓ Outings around Canberra
- ✓ Gentle exercise
- ✓ Meal preparation and cleanup
- ✓ Gardening and vegetable growing
- ✓ Woodwork projects
- ✓ Music and sing-a-longs
- ✓ Memory enhancement games & reminiscence

Our People

Our staff are experienced, highly qualified and trained in the Montessori model of care designed to focus on what the client can still do. By capturing their interests and providing a sense of purpose, this approach has enabled our clients to engage in meaningful activities whilst maintaining or even restoring their capacity.



"The wonderful, caring staff are angels and just like family to us"



"It's such a relaxed and happy atmosphere"



"My mother loves the whole experience, especially the sing-alongs"



"The Cottage is my second home. I LOVE it!"

Understanding Our Client's Needs

Before attending one of our Cottages, our staff meet with each client to ensure we fully understand their routine, personal care, medication, dietary requirements, hobbies, interests, cultural and spiritual needs. We focus on wellbeing and communication to ensure that each client feels safe and secure, and their carers are assured that we are meeting the individual needs of the person they care for. Couples are also welcome to stay at the Cottages, giving them the opportunity to stay together while leaving the day-to-day tasks and care needs to our staff. Our model of care is focused on wellbeing, choice, respect and dignity.

Eligibility & Cost

Our Cottages are both low care services funded with support from the Commonwealth Home Support Program (CHSP). They are open to all aged ACT residents, depending on individual care needs. There is a fee to attend our Cottages, however you may be eligible for a subsidy through the Australian Government Commonwealth Home Support Program (CHSP). To qualify, either you or the person you care for must be registered with My Aged Care and have been referred to Carers ACT for Cottage Overnight Respite services for overnight stays or Centre Based Day Care to join the Day Program. We also accept full-fee paying clients subject to availability. Please feel free to contact us, so we can explain the referral process.

Booking Regular Respite Breaks

By booking the person you care for into Deakin Cottage or Naragana-Wali for regular short stays, you can maintain your health and wellbeing by minimising your stress, re-energising and having time to:

- ✓ attend appointments
- ✓ have a night out
- ✓ go shopping
- ✓ spend time with family and friends
- ✓ just relax and take time for yourself.