



Respite Options.

**Be active, independent
and connected to
your community.**

Companionship (In Home respite)

“Sometimes all you need is to get out and have some fun.”

Let us develop an individual plan with you to meet your goals and assist you in maintaining independence at home.

We can:

- Assist you in accessing other available services to support your care needs.
- Be flexible and responsive
- Help you to continue participating in daily activities and stay connected to your community
- Help to inform and navigate your funding options



Day Respite (Active Living Centres)

Our Active Living Centres are designed to support you to maintain and optimise your health and wellbeing.

Our program includes:

- Exercise and yoga groups
- Café, music and movie clubs
- A well-established creative art group
- Hebrew, Yiddish & Russian friendship groups
- Current affairs, including discussions regarding the news and politics
- Support accessing aged care services

Our Active Living Centres can support you with:

- Occupational Therapy, including assessment and recommendations for specialised equipment or home modifications and accommodation issues
- Exercise classes
- Physiotherapy with ongoing management of chronic conditions and recovery from an injury, illness and surgery
- Dedicated in-house Allied Health team
- Financial Counsellors who support financial concerns

Locations:

Gita Smorgon Family Active Living Centre

K11 Union St Windsor

(corner of Union St and Punt Rd)

Anne & Eric Smorgon Active Living Centre

2A Freeman St Caulfield

Call us on (03) 8517 5409

Residential Respite



Personal expression is intrinsically linked to health and wellbeing. It forms part of your identity; the values and beliefs that are uniquely you. We have designed

state-of-the-art residential homes providing luxurious amenities tailored to your needs.

Our residential respite services are available for you on a temporary basis and to experience what living in one of our beautiful state of the art homes may be like.

Jewish Care is proud to accommodate you when you need a home away from home. If you or your loved ones are looking for support, we are here for you.

Dedicated and trained staff are always nearby to provide support and to encourage involvement in social and leisure activities. Building strong, trusted relationships ensures familiarity and stability in your life.

Visit one of our residential homes:

Residential Home Carnegie

1 Wahgoo Rd Carnegie

Gary Smorgon House in Caulfield

2-4 Freeman St Caulfield

Residential Home Windsor

K11 Union St Windsor

(corner Union St & Punt Rd)

Spend a day with us

Our respite services are designed to offer you a well-deserved break while ensuring your loved ones receive quality care.

This service is designed to provide relief from the responsibilities of caregiving but also offers your loved one the chance to interact with like-minded people and engage in meaningful activities.

We offer a range of respite services; one on one in home respite also known as companionship care, centre based day respite and residential respite.

Whether it's a few hours a week or an extended period, we are here for you.



Jewish Care is here to support you with active living services, in-home services, residential respite, or permanent residential support.

To enquire about how Jewish Care can meet your needs in your own home or in one of our Homes, please contact our friendly staff on **(03) 8517 5999**, or email **info@jewishcare.org.au** or visit **jewishcare.org.au**



Everyone is welcome.