



More information

Our website has the latest information about our services, our events calendar and news. Visit merrihealth.org.au

Quick contacts

All services and NDIS
1300 637 744 (MERRI H)

Carer support
1800 422 737

Victims Assistance Program
1300 362 739

Aged care*
1800 200 422

Feedback
03 9389 2234

We have many sites across Victoria. Visit our website merrihealth.org.au for all site details.

*My Aged Care is the first point of contact for aged care services.

Contact

Merri Health
Registered Office:
11 Glenlyon Road Brunswick VIC 3056
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Carer services are funded by the Australian and Victorian Governments.



A network led by Merri Health supporting carers across Victoria



MerriHealth Aboriginal and Torres Strait Islander Support



We support Aboriginal and Torres Strait Islander families to get the flexible, tailored carer support they need.



Who are carers?

Do you look after someone?

You may be helping a family member, friend or neighbour that:

- > has a mental illness
- > has a disability
- > has a chronic illness like diabetes or ongoing problems with their heart or lungs
- > is elderly and living in the community

You might also be looking after more than one person in your community.

It is important to take a break otherwise you may become sick or unwell.

Our carer services are able to help. We understand that everyone's situation is different. We are flexible and will work with you to meet your needs.

Our team is respectful of Aboriginal and Torres Strait Islander people's history and beliefs.

How can we help?

Activities and workshops

Information and advice to support you and the person you care for. It is also an opportunity to connect and share your experience with other carers.



Photo: carer, Sharon

Assessment and planning

Our Assessment and Planning Officers provide short-term support to help you navigate, coordinate and access the right services. Support is tailored to your needs.

Counselling

Our carer counsellors provide a safe and supportive space for carers to share their thoughts and feelings when they need support the most. You can choose to meet with a carer counsellor in person, or speak with them over-the-phone.



Merri Health
Healthcare that moves with you

Merri Health creates healthy, connected communities through local health services for people at every age and stage of life.

We know that at different times, your health needs change. That's why we support you throughout life, with services spanning from children's health to aged care.

Carer Gateway

Carer Gateway is an Australian Government initiative that delivers new, improved and expanded services to carers across Australia.

In Victoria, these services are provided by a group of seven health and social support providers, led by Merri Health.

All carers can access Carer Gateway services.

Find out more at <https://bit.ly/30w1cCg>



NDIS made easy

Merri Health provides services under the National Disability Insurance Scheme (NDIS), including:

Allied health

Support from an occupational therapist, speech pathologist and dietitian for people with all types of disabilities.

MerriKids

MerriKids support children with a developmental delay and/or disabilities, and their families.

Support coordination

A skilled and experienced worker will help you identify, coordinate and meet your needs. We will work in partnership with you to help you access the supports and services you want and need to live a fulfilling and happy life.

Mental health

The Healthy Mind Hub offers community group activities tailored to suit your needs, your strengths and your interests.

Would you like to know more?

Call or email our team to talk about your needs.

 1300 637 744 [MERRI H]

 NDIS@merrihealth.org.au

Healthcare
that moves
with you



Artwork by artist Dixon Patten, a proud Yorta Yorta and Gunnai man

One-on-one carer coaching

Meet with a trained carer coach to explore areas of your life you would like to change. A coach can work with you to create meaningful change and support you while you take steps towards meeting your goals.

You can meet with a coach in person, online or over-the-phone.

Carer engagement

Help develop, plan and improve carer services like carer events and activities, in partnership with our team and other carers.

Respite and other support is available to help you to be involved. Find out more under 'How to access respite'.

Dementia advice

If you look after someone with dementia, our team can offer support, advice and education to build your skills and confidence. We can help with information about dementia, how to deal with behavior changes, planning for the future, and link you with other dementia services.

Health and wellbeing coaching

Our health coaches work with carers to focus on being as healthy as possible. They can help find out what is important to you, and work on your health and wellbeing.

Our coaches can help with nutrition, exercise, stress/mood, fatigue, sleep and management of chronic disease like diabetes or heart and lung problems.

Peer support

We run face-to-face groups where you will meet other people with a similar caring role. The group is guided and supported by someone that has their own carer experience. Groups sessions may be about worries you have as a carer, or ideas for managing problems.

Young carers

We provide support to school aged carers who are looking after someone with a disability, mental illness, who is older or has problems with drug and/or alcohol. The person you support may be your mum, dad, brother or sister, relative or a friend.

We support you to manage your responsibilities as a carer, can help with everyday tasks, support you to stay in school and connect you with other young carers in the community.

What is respite and emergency respite?

Respite is a short period of rest or break. It allows you, as a carer, to take a break and focus on your wellbeing. Respite can be for a few hours, days or for longer periods, depending on your needs, eligibility and what services are available.

Respite may be planned or an urgent need.

How to access respite

Call us to find out how to access planned or emergency respite.