



MerriHealth Carer Services

More information

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

Carer Gateway is an Australian Government initiative – Merri Health is the lead for Carer Gateway services in Victoria.



Everyone's experience as a carer is different. We support all carers to get the flexible, individualised help they need.



Who are carers?

Anyone can become a carer at any time.

Carers can be parents, partners, spouses, young people and children, other family members, friends or neighbours. A carer provides support to someone who needs help managing at home or in the community because they are:

- > Frail aged
- > Living with dementia
- > Living with a medical condition
- > Living with disability
- > Living with mental illness

We work in partnership with you by learning about your needs and what matters most to you. Together we set goals and plan for the future. We work towards finding the best supports for short-term and ongoing care, and strengthen your wellbeing and the wellbeing of the person you're caring for.

How can we help?

Activities and workshops

Learn practical information and advice to support you and the person you care for, and connect and share your experience with other carers.

Assessment and planning

Our Assessment and Planning Officers provide short-term support for carers to navigate, coordinate and access the right services. Support is tailored to your needs: we can help you connect with services that support your wellbeing, while you support the wellbeing of others.



Photo: young carers

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.

Carer engagement

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

Respite and other support is available to help you to be involved.

Dementia advice

Our dementia carer consultants provide support, advice and education to build carer skills and confidence. We can help with information about dementia, how to manage behavior changes, planning for the future, and links to other dementia services.



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@merrhealth.org.au

Healthcare
that moves
with you



Photo: carers during peer support

Health and wellbeing coaching

Our health coaches work with carers to focus on being as healthy as possible. They support carers to find what is important to them, and focus on their health and wellbeing needs.

Areas a coach can work on include nutrition, physical activity, stress/mood, fatigue, sleep and management of chronic disease.

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.

Peer support

This is an opportunity for carers to connect, share their experiences and learn from each other.

In-person peer support groups are an opportunity to meet other people in a similar caring role, with the support of a facilitator who has their own carer experience. Groups explore common issues and concerns for carers, and share ideas for managing challenges.

Support for Aboriginal and/or Torres Strait Islander families

We are respectful of Aboriginal and Torres Strait Islander people's history and beliefs. We provide culturally appropriate and inclusive support and work in partnership with you to get you the supports you need. We work with you based on what you tell us you need.

Young carers

We provide support to school aged carers who are looking after someone with a disability, mental illness, who has problems with drug and/or alcohol, or is frail aged. The person you support may be a parent, sibling, other 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.

Respite and emergency respite

Respite is a short period of rest or break. It allows carers to take a break to focus on their own wellbeing. Respite can be for a few hours, days or for longer periods, depending on the carer's needs, eligibility and what services are available.

Respite may be planned or an urgent need. Your local Carer Gateway service provider can organise emergency respite care for the person you support, or for you, when an unexpected situation occurs.

Costs

Some of our services are free and others may have a small fee. To find out whether there is a cost for a service, visit our website merrhealth.org.au and search for 'fees'.

Merri Health is an inclusive service provider. We are committed to providing safe and high quality services that respect the needs, wants and aspirations of all people.