



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
03 9495 2500

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 sites 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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This service is part of the Commonwealth Respite and CareLink Centres nationally and is funded by the Australian Government.

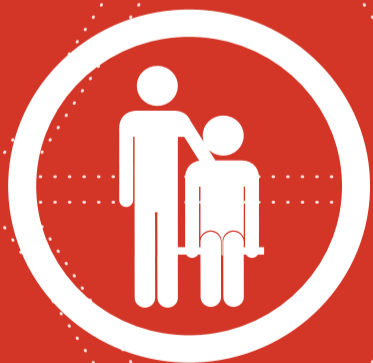


MerriHealth CarerLinks North Services



CarerLinks North
Part of your Merri Health network

Everyone's experience as a carer is different. CarerLinks North supports all carers to get the flexible, individualised assistance 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 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?

Assessment and planning

Our Assessment and Planning team provide carers with short-term help to navigate, coordinate and access supports.

As a carer it can be difficult to know what support is available, and who can help. Talk to our team about your needs, what supports you can access and advice about the best way forward.

Counselling

Our counsellors provide a safe and supportive space for carers to share their thoughts and feelings when they need support the most.



Education and training

Carers are provided with the opportunity to gain skills and knowledge to help them in their caring role.

Dementia advice

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

Health coaching

We help carers to feel good and supported. Health coaching is a one-on-one service where the carer's needs are most important. We work together to build your confidence and skills, to improve and maintain positive health and decision making.

Peer support

Peer support offers carers the opportunity to meet other carers, share their experiences and learn from each other. We provide a range of formal and informal activities for you to connect and build support networks. It can take place in person, over the telephone or the internet; between two people or a small or large group.



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.



NDIS made easy

Merri Health provides many services under the National Disability Insurance Scheme (NDIS) as it rolls out across Victoria. This includes:

Allied health

Support from an occupational therapist, speech pathologist and dietitian for people with all types of disabilities. We offer face-to-face appointments and assessments in your home or at a location that suits you, home modifications, Assistive Technology, referrals to other services, easy to read reports for your NDIS planner or Local Area Coordinator, and functional assessments to build your capacity and independence.

MerriKids

MerriKids support children with a developmental delay and/or disabilities, and their families. Providing early childhood intervention, our team works in partnership with you to develop strategies to support the health and wellbeing of your child.

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.

This could involve staying connected with your community, finding the right services for you and identifying your needs to ensure your personal goals are met. We will support you when you make decisions about your health to ensure the best outcomes for your personal situation.

Mental health

The Healthy Mind Hub is a place to improve your mental health and get the most out of life. We'll partner with you on your recovery journey to help you work through mental health issues and reach your goals. We offer community group activities tailored to suit your needs, your strengths and your interests. We support you to build your confidence, make new friends and connections, grow your skills and boost your mental wellbeing.

Would you like to know more?

Call or email our team to talk about your needs.

1300 MERRI H – 1300 637 744

NDIS@merrihealth.org.au

Healthcare
that moves
with you



Support for Aboriginal and 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. Our service is person and family centred that means 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, drug or alcohol dependency, or is frail aged. The person you support may be a parent, sibling, other relative or a friend.

We support you to manage caring responsibilities and assist with daily tasks, helping you stay in school and connected with other young carers and the community.

We provide educational and emotional support, and fun after-school and school holiday events and activities.

Respite is also available so you can take a break from your role as a carer to focus on your wellbeing and education.

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

What is respite?

Respite is a short period of rest or break. We help link carers to respite and other supports.

Respite allows you to take a break to focus on your own wellbeing. Respite care may be for a few hours, days or for longer periods, depending on your needs, your eligibility and what services are available.

Emergency respite

Sometimes difficult and unavoidable situations happen. When there are no other options for support and carers need an extra pair of hands to help, emergency respite is available. If you need emergency respite care, call 1800 052 222 during business hours or 1800 059 059 outside business hours.

Costs

There is a small fee for some of our services. Some of our services are free. To find out whether there is a fee for a service, visit our website merrihealth.org.au and search for 'fees'.