



Eastern Region Respite Resource Guide 2011

A guide to respite services for people with a disability, their family and carers.





This guide was compiled by RIDE - Respite Information and Development in the East and is current at the time of printing (July 2011).

Every effort has been taken to include all relevant services into this guide.

Information updates can be found on the Respite East website www.respiteeast.org.au

Please contact RIDE for information updates and services not included in this resource guide. Information added or changed to the guide on the website will be subject to RIDE approval.

Please note that this guide is intended for people with a disability as defined by the Disability Act 2006.



RESPITE RESOURCE GUIDE

CONTENTS

Page

Introduction	1
Information and Advice	3
In An Emergency	4
Alternative Family Care	7
Facility Based Care	9
Flexible Respite and Brokerage	15
Holiday Programs and Supported Travel	20
In-Home Respite	23
Local Government Services	24
Out of School Hours	- Inclusion Support 27
	- Children's Services 29
Recreation	32
Support Group	49
Fee for Service	55
Services Index	61

The age ranges for respite types are indicated by the following colour code (where age range is applicable):

Children's Services 6 to 18 years

Adult Services 18 -64 years

Children and Adult Services 6 to 64 years

About this guide:

This guide provides a comprehensive list of respite services for people with a disability living with a primary carer who provides unpaid support in the Eastern Region of Melbourne.

All service listings collated in this guide have been endorsed by the organisation providing the service.

This guide separates respite categories into the following age groups:

- Children aged 6 to 18 years
- Adults aged 18 to 64 years
- Children and adults aged 6 to 64 years

Respite:

Respite allows families caring for a person with a physical, intellectual or neurological disability, acquired brain injury or sensory impairment the opportunity to take a break from their caring role.

Respite can often be a rewarding experience for the person with a disability. It provides an opportunity to meet new people, pursue an interest and have new experiences independent of their family.

Who can access respite?

Respite services funded by the Department of Human Services (DHS) can be accessed by:

- People with a disability, as defined by the Disability Act 2006 and
- People living with a primary carer

Many services do not receive funding from DHS and have their own eligibility criteria. Speak to each service of interest to you about their eligibility criteria.

Types of respite:

This guide has separated respite types into the following categories:

- **Alternative family care:**

Alternative family care programs recruit volunteers that are matched to a child with a disability and their family.

- **Facility based respite:**

Facility based respite offers overnight and short-term break in a house usually managed by a disability service provider. These services support a number of people with a range of disabilities.

- **Flexible respite/brokerage:**

This guide uses the term flexible respite to describe services may help with the navigation of the respite service system.

Brokerage refers to the funding that may be available to assist with respite costs.

- **Holiday programs and supported travel:**

During holiday periods additional recreational programs are available:

Supported travel options are often accessed by adults with a disability and are included in this section. Contact the organisations listed to discuss the cost of this option.

- **In-home respite:**

A paid worker provides assistance and support to a person with a disability in their own home.

- **Local government:**

Every Local Government Area (LGA) has a Home and Community Care (HACC) program that provides subsidised respite for people with a disability. There may be a waiting list for the service in your area, it is best to discuss this with the HACC program in your LGA.

- **Out of school hours programs:**

After school and during school holiday periods additional recreation programs and camps are available for children with a disability.

A number of schools offer OSHC (Outside School hours care) which includes after school care and vacation care.

- **Recreational respite:**

Recreation programs offer a fun experience for people with a disability, while at the same time providing parents and carer with a break.

Other information in this guide:

In addition to respite services, this guide lists other services that might be useful resources to provide support and information.

- **Support groups:**

Support groups provide advice, information and the opportunity to network with others in similar circumstances, for the families/carers of people with a disability.

- **Fee for service:**

A list of Attendant Care Agencies (supply paid staff), holiday accommodation specialist, travel agencies provide support and respite for a fee.

These services can be purchased privately on a fee paying basis, or by utilising funding

There is also a section outlining other services that can be purchased, such as a holiday accommodation.

What to consider when choosing respite?

You will find that each organisation provides their respite service differently. There are a number of important points you may want to consider when choosing a respite option.

They could include:

- Cost
- Program hours
- Activities
- Size of the group
- Age range
- Suitability with peers
- The level of support and care provided
- Waiting lists
- Proximity to home
- Transport
- Training of carers
- Mandatory checks
- Agency accreditation

Department of Human Services, Disability Client Services Intake and Response

Intake and Response (landR) is one of the central pathways in the Eastern Metropolitan Region (EMR), for people who have a disability as defined by the Disability Act 2006, who want information and assistance to access available regional and statewide respite options.

landR is also the main gateway for people who because of their disability specific needs require access to case management, specialist services, and/or ongoing disability supports such as Individual Support Packages (ISP), Shared Supported Accommodation, and Day Activities.

The work that landR do is known as Assistance with Planning (AWP) and is designed to help the person and/or their carer/s to determine and access those supports and services which best meet their individual circumstances.

Contact Intake and Response: **1800 783 783**

Contact details:

Office Address: 683 Whitehorse Road Box Hill 3128
Phone: 9843 6312
Free call: 1800 783 783
Fax: 9843 6575
Web: www.dhs.vic.gov.au/disability
Office hours: 9.00am - 5.00pm Monday - Friday

Commonwealth Respite and Carelink Centre (CRCC)

1800 059 059 (24 hours)

Short term respite and planning services available for primary carers of people with a disability. Funding for emergency and short term respite may be available.

Eligibility: People caring for someone with a disability and residing in the Eastern Metropolitan Region.

Contact details:

Phone: 1800 059 059 or (03) 9239 2580 from mobiles and callers outside
of Eastern Metropolitan Region
Web: www.ucco.org.au

At times when urgent assistance is required contact the following service:

Annecto - Emergency After Hours Response Service (EARS)

For emergency, after hours response service call:

1800 72 72 80
(5.00pm to 9.00am Monday to Friday and 24 hours on weekends)

EARS provides free support, in the home and emergency after-hours assistance to eligible people finding themselves in unexpected times of need. EARS provides assistance for people with a disability, older people and their carers, including short-term personal care, telephone and in-home support, at no cost, after-hours.

Eligibility: This program is for older persons, people with a disability, or those who care for someone older or who has a disability. EARS is designed for people who don't have access to an after-hours service (either not on a funded package or their agency doesn't provide an after-hours service).

Program Hours: 5m - 9.00am, Monday - Friday, and 24 hours on weekends and public holidays.

For more information during business hours 9.00am to 5.00pm Monday to Friday please contact Rosi Pinter on 9687 7066 or email rosi.pinter@annecto.org.

Contact details:

Office Address: 61 Cowper Street Footscray 3011
Phone: 9687 7066 (enquiries during business hours)
Free call: 1800 72 72 80 (after hours)
Fax: 9687 5621
Email: ears@annecto.org.au
Web: www.annecto.org.au
Office hours: 9.00am - 5.00pm Monday - Friday

Respite Information and Development in the East (RIDE)

Respite Information and Development in the East (RIDE) provides information about respite options for people with a disability.

- Aged between 6 and 64 years
- Living with a primary carer on the Eastern Region of Melbourne

Contact RIDE if you have a query about this guide or respite services in the Eastern Region of Melbourne:

1300 886 798
ride@yooralla.com.au

RIDE administers the respite east website, dedicated to providing disability respite information to the Eastern Region of Melbourne.

The Respite Resource Guide is available to view or download on the website. Whilst service provider information is current at time of printing, any changes will be updated periodically on the website. Refer to website for most accurate information available.

Visit the website to subscribe to an e-newsletter (infocast) for news, events and other information relevant to respite on the Eastern Region.

www.respiteeast.org.au

If you have any feedback regarding the Respite Resource Guide contact RIDE

- Via feedback mechanism on the respite east website
- Email ride@yooralla.com.au
- Call the telephone information line 1300 886 798

RESPITE SERVICES

ALTERNATIVE FAMILY CARE -

SERVICES FOR CHILDREN AGED 6 TO 18 YEARS

Alternative family care programs recruit volunteers that are matched to a child with a disability and their family.

Anglicare Victoria - Family Respite Solutions

Provides home based respite care to children with disabilities. Children and their families are linked with volunteer care givers who provide regular planned respite in their own homes, usually one weekend per month. Respite service is subject to availability to suitable care giving family, as sensitive matching of child to carer is crucial to the success of the placement

Eligibility: Children with a disability aged 6 - 12 years at time of referral. Living in Knox, Maroondah and Yarra Ranges.

Program Hours: Negotiable

Contact details:

Office Address: 666 Mountain Highway
Bayswater 3153
Phone: 9721 3688
Fax: 9720 2474
Web: www.anglicarevic.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Extended Families Australia

Provides volunteers who develop a supportive and caring relationship with a child with a disability and their family. The focus is on providing companionship and support for the child and family through regular visits in the family home or community settings, with a view to establishing an ongoing relationship. The service also provides a social events program for children and families

Eligibility: Children aged 0 - 18 years living in the Eastern Metro Region of Melbourne.

Program Hours: Flexible - negotiated between volunteers and families.

Contact details:

Office Address: Suite 15, 1st Floor Town Hall
Hub 27 Bank Street, Box Hill 3128
Phone: 9285 4837
Fax: 9285 4840
Email: eastern@extendedfamilies.org.au
Web: www.extendedfamilies.org.au
Office hours: 8.45am - 3.15pm
Monday - Thursday

Interchange Inner East - Host Program

The Host Program provides families who have a child with a disability a regular break, by sharing the care of their child with other people - the host volunteers.

To be eligible children must be 18 or under and live at home with their families.

The care is provided in the volunteer family home, providing a combination of either regular planned day visits and/or some overnight stays.

Eligibility: Children aged 0 - 18 years living in the areas of Boroondara, Manningham, Monash and Whitehorse.

Program Hours: Variable

Contact details:

Office Address: 2 Kendall Street
Canterbury 3126
Phone: 9836 9811
Fax: 9888 5272
Email: stephanie@iie.org.au
Web: www.iie.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Outer East (IOE) – Host Program

The Host Program matches a child with a disability, aged up to 18 years, with a volunteer host carer who shares their home with that child on a regular basis, ideally one weekend month.

Eligibility: People aged up to 18 years living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: Flexible.

Contact details:

Office Address: 5-7 Yose Street

Ferntree Gully 3156

Phone: 9758 5522

Fax: 9758 5899

Email: colleen.mccormack@ioe.org.au

Web: www.ioe.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Yooralla - Family Based Respite

Offers families of a child with a disability the opportunity to have overnight respite care. The family is matched with an accredited caregiver family. Respite may take place any day of the week and at any time of year.

Eligibility: Children aged 6 - 12 years and are eligible to receive services under the Disability Act 2006

Program Hours: 7 days per week.

Contact details:

Office Address: Suite 1, 587 Canterbury Road

Surrey Hills 3127

Phone: 9831 5600

Fax: 9830 0003

Web: www.yooralla.com.au

Office hours: 9.00am - 5.00pm

Monday - Friday

SERVICES FOR CHILDREN AGED 6 TO 18 YEARS

Facility based respite offers overnight and short-term Break in a house usually managed by a Disability Service.

These services support a number of people with a range of disabilities.

Facility based respites services often have significant waiting lists, it is best to discuss this with the service and costs can apply.

Department of Human Services - Children's Respite Service

Occasional, planned and emergency respite is available at two respite facilities (located in Burwood and Kilsyth). The respite facilities cater for children from 6 to 18 years who have an intellectual disability and are registered with Disability Client Services. For information contact Disability Client Services, Intake and Response.

Eligibility: Children from 6 to 18 years who have an intellectual disability and are registered with Disability Client Services.

Program Hours: 24 hours, 7 days a week.

Contact details:

Phone: 9843 6312
Free call: 1800 783 783
Fax: 9843 6575
Web: www.dhs.vic.gov.au/disability
Office hours: 9.00am - 5.00pm
Monday - Friday

Jewish Care Victoria - Respite Services (Respite House)

Facility based respite including sleepover and/or day care for children and adolescents aged 6 - 18 years. Offers families and carers a short term break while their family member has the opportunity for social interaction, recreation and leisure in a safe, friendly, Jewish environment.

Eligibility: Children 6 to 18 years

Program Hours: Weekends, and Monday - Sunday, during school holidays.

Contact details:

Office Address: 234 Kooyong Road
Caulfield 3162
Phone: 8517 5980
Fax: 8517 5955
Email: respites@jewishcare.org.au
Web: www.jewishcare.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Scope - Montclair Family Support

Montclair Family Support is a 5 bed facility based respite service for children with disabilities. Services are provided to a range of children aged 6 to 18 years with varying disabilities and conditions. Children need to be attending school during the term as the service is not staffed during the daytime on weekdays.

Eligibility: Children 6 to 18 years

Program Hours: Monday - Sunday, except between 9.30am - 3.00pm weekdays during school terms.

Contact details:

Office Address: 13 Montclair Avenue
Glen Waverley 3150
Phone: 9561 2439
Fax: 9574 8338
Email: montclair@scopevic.org.au
Web: www.scopevic.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Statewide Autistic Services - Swonnell House Children's Respite

Swonnell House is an Autism specific children's respite care facility, providing support to children with an Autism Spectrum Disorder, including Asperger Syndrome. The facility is located in Mentone, within the Melbourne Southern Metropolitan Region. Swonnell House is the only Autism specific children's respite house in the state of Victoria.

Eligibility: Children aged 4 - 18 years with an Autism Spectrum Disorder and/or Intellectual Disability, living in Victoria.

Program Hours: 24 hours per day, weekends and school holidays.
Closed between 10.00am - 3.00pm weekdays during the school term.

Contact details:

Office Address: House located in Mentone
Phone: 9773 6044
Fax: 9776 4299
Email: enquiries@sasi.org.au
Web: www.sasi.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Very Special Kids

Very Special Kids is a unique not-for-profit organisation supporting families who are facing the challenge of caring for a child with a life-threatening illness.

Eligibility: Children and their families living in Victoria or interstate families accessing services at the Royal Childrens' Hospital e.g Tasmania

Program Hours: 24 hours, 7 days a week.

Contact details:

Office Address: 321 Glenferrie Road
Malvern 3144
Phone: 9804 6222
Free call: 1800 888 845
Email: mail@vsk.org.au
Web: www.vsk.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Villa Maria - Overnight Respite

Villa Maria has four unique and vibrant houses at Croydon, Lilydale, Wheelers Hill and Kew, which provide a safe, fun and enjoyable environment, which supports individual's needs and those of their families and carers.

Eligibility: Children aged 6 - 18 years living in the Eastern Metropolitan Region of Melbourne.

Program Hours: 3.00pm - 9.00am Monday - Friday (closed during the day).
24 hours on weekends, public holidays and school holidays. Closed Christmas Day and Boxing Day.

Contact details:

Office Address: 535-537 High Street Road
Mount Waverley 3149
Phone: 9809 6823
Fax: 9803 0800
Email: respite.services@villamaria.com.au
Web: www.villamaria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR ADULTS AGED 18 TO 64 YEARS

Alkira - Facility Based Respite

Offers facility based respite for adults with a disability who have ageing carers.

Eligibility: Adults with a mild - moderate intellectual disability.

Contact details:

Office Address: 3 Thurston Street
Box Hill 3128
Phone: 9890 4067
Email: info@alkira.org.au
Web: www.alkira.org.au
Office hours: 8.00am - 4.00pm
Monday - Friday

Department of Human Services - Adult Respite Service

Occasional, planned and emergency respite is available at two respite facilities (located in Doncaster and Heathmont). The respite facilities cater for adults 18 years and over who have an intellectual disability and are registered with Disability Client Services.

Eligibility: Adults 18 years and over who have an intellectual disability and are registered with Disability Client Services.

Program Hours: 24 hours, 7 days a week.

For information contact Disability Client Services, Intake and Response.

Contact details:

Phone: 9843 6312
Free call: 1800 783 783
Fax: 9843 6575
Web: www.dhs.vic.gov.au/disability
Office hours: 9.00am - 5.00pm
Monday - Friday

MS Australia - ACT/NSW/VIC

MS Australia currently has 3 established partnerships providing facility- based respite. Staff within the services are experienced and sensitive to the care and support required by people with MS and continue to build their understanding through participation in on going learning.

The facility based respite services are located in:

- Heidelberg (operated by Accommodation and Care Solutions)
Loch (operated by Accommodation and Care Solutions)
- Beaumaris, (operated by Australian Home Care Services)
- Ocean Grove, (operated by Karingal)

Eligibility: People with Multiple Sclerosis and other progressive neurological conditions registered with MS Australia.

Program Hours: Variable

Contact details:

Office Address: The Nerve Centre
54 Railway Parade Blackburn 3130
Phone: 9845 2700
Free call: 1800 042 138
Fax: 9845 2777
Email: msconnect@mssociety.com.au
Web: www.msaustralia.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Oakleigh Centre - Residential

Provides respite accommodation for clients with medium to high support needs. Clients accessing respite will be allocated a private bedroom. Availability of beds, support requirements and client compatibility are all important factors when allocating respite.

Referrals are done through DHS Eastern Metropolitan Region.

Eligibility: People aged 30 years plus who have a physical, neurological, sensory or intellectual disability, or autism.

Program Hours: 24 hours, 7 days a week

Contact details:

Office Address: 773 Warrigal Road
Oakleigh 3166
Phone: 9569 0603
Fax: 9568 4238
Email: lpotter@oakleighcentre.org
Web: www.oakleighcentre.org
Office hours: 9.00am - 5.00pm
Monday - Friday

Yooralla - Ventilator Accommodation Support Service (VASS)

VASS offers regular, planned respite to provide ventilator users and their families with a break. Emergency or unplanned respite is also available under certain circumstances. 24 hour support is provided by specifically trained disability support workers. In addition there is a registered nurse on site at all times including overnight.

Eligibility: People aged 18 years plus who are chronically ventilator dependent and eligible for Disability Services.

Program Hours: 24 hours, 7 days a week

Contact details:

Office Address: 335 Clarendon Street
Thornbury 3071
Phone: 9480 8100
Fax: 9480 1722
Web: www.yooralla.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR CHILDREN AND ADULTS

Agapi

Provides planned and emergency respite. Care is available for a maximum of one month continuous stay, except in an emergency where a maximum of three months can be provided. Run by Agapi Care inc.

Eligibility: People aged 16 - 64 years who have an intellectual or physical disability and live in the Eastern and Southern Metropolitan Region of Melbourne. Some capacity for respite support to people across the state, particularly for those people from a culturally and linguistically diverse background (CALD).

Program Hours: 3.00pm Friday to 9.30am Monday.

Contact details:

Office Address: 13 Burlington Street
Oakleigh 3166
Phone: 9416 9768
Fax: 9480 0789
Email: agapi@netspace.net.au
Web: www.agapicare.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday at head office Preston

Scope - Knox Respite

Knox Respite is a facility based respite service that provides respite care. The service has been set up to cater for the needs of adults with physical disabilities. The commitment of the Respite Team is to provide a quality individualised and flexible service, targeting the needs of each family. We encourage and assist clients to maintain skills they have developed.

Eligibility: People aged 18 - 64 years with physical and multiple disabilities.

Program Hours: Monday - Sunday, except between 9.30am - 3.00pm during the week

Contact details:

Office Address: 750a Boronia Road
Wantirna 3152
Phone: 9801 6844
Fax: 9800 2725
Email: rforster@scopevic.org.au
Web: www.scopevic.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Scope - Winbourne Road

Winbourne Road is a facility based respite service that provides respite care for adolescents and adults with physical and multiple disabilities. The house has a warm, friendly atmosphere, a small backyard with a pergola and is very close to public transport and local shops. The commitment of the Respite Team is to provide a quality individualised and flexible service, targeting the needs of each family. We encourage and assist clients to maintain skills they have developed.

Eligibility: People aged 18 - 64 years with physical and multiple disabilities.

Program Hours: Monday - Sunday, except between 9.30am - 3.30pm during the week.

Contact details:

Office Address: 41 Winbourne Road
Mount Waverley 3149
Phone: 9888 3877
Fax: 9888 3977
Email: winbournerd@scopevic.org.au
Web: www.scopevic.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Yooralla - Pendle Street

Facility Based Respite gives carers of people with disabilities the opportunity to take a break from their support role. Respite stays may range from one night through to an extended period.

Eligibility: People aged 5 - 65 years who have a physical, intellectual, neurological, or multiple disabilities with complex medical or health issues.

Contact details:

Office Address: 6 Ellingworth Parade
Box Hill 3128
Phone: 9899 2766
Fax: 9899 4589
Web: www.yooralla.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR CHILDREN

This guide uses the term flexible respite to describe services that assist with the navigation of the respite service system.

Brokerage refers to the provision of a funding package to pay for respite provided in a flexible manner in order to meet the needs of the individual with a disability. The funding can be used to purchase a range of respite options that meets the needs of the individual, their family and carers.

Uniting Care Community Options (UCCO) Commonwealth Respite and Carelink Centre

Short term respite and planning services are available for the primary carers of people with a disability. Funding for some services is also available.

Short term respite and planning services are available for young people with a substantial caring role through the Young Carer program.

A variety of planned and short-term respite options are available for the carers of older people in addition to planning support.

Eligibility: Carers caring for someone with a disability and residing in the Eastern Metropolitan Region of Melbourne.

Program Hours: 24 hours

Contact details:

Office Address: Ground Floor, Building 5
Brandon Office Park 530 - 540 Springvale
Road Glen Waverley 3150

Phone: 1800 059 059 or (03)9239 2580
from mobiles and for people calling outside the
Eastern Metropolitan Region

Free call: 1800 059 059

Fax: 9239 2522

Web: www.ucco.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

SERVICES FOR ADULTS

Brainlink Services - EMR Flexible Respite Fund for families

Provides support to suit the needs of families, carers and the person being cared for through:

- Purchasing of goods and services
- Providing respite options to suit a family, carer and the person being cared for
- Arranging access to services and organisations which may provide support and social contacts.

Eligibility: People living in the Eastern Metropolitan Region of Melbourne affected by stroke, head injuries and brain tumour; and people with progressive neurological diseases, such as Parkinson's disease or Muscular Dystrophy

Contact details:

Office Address: 54 Railway Road
Blackburn 3130

Phone: 9845 2960

Free call: 1800 677 579

Fax: 9845 2882

Email: coordinator@brainlink.org.au

Web: www.brainlink.org.au

Office hours: 9.00am - 5.00pm

Monday - Thursday

Impact Support Services - Impact Leisure Services

Impact Leisure Services offers a Flexible Funded Respite Program. The purpose of this funding is to provide respite and social support through holiday and respite opportunities. People participating in the Funded Respite Program can choose a support option which best meets their identified needs, support and requirements and interests. This funding has limited places and a waiting list may apply.

Eligibility: Adults 18 years plus with an intellectual disability.

Program hours: Various times – including weekends.

Contact details:

Office Address: 59 Warrigal Road
Oakleigh 3166

Phone: 9568 6144

Fax: 9568 6044

Email: impact@impact.vic.edu.au

Web: www.impact.vic.edu.au

Office hours: 9.00am - 5.00pm

Monday - Friday

MS Australia ACT/NSW/VIC - Short Term Flexible Respite Program

MS Australia can provide flexible funds to employ services to provide episodes of respite to support the individual with a disability, their family, and carer through short-term and time limited breaks. The respite can support the individual at home or in an alternative family home or through community activities with trained staff. The Short Term Flexible Respite Program helps to support and maintain the strength of the family unit.

Eligibility: People with Multiple Sclerosis and other progressive neurological conditions registered with MS Australia

Program Hours: Variable

Contact details:

Office Address: The Nerve Centre
54 Railway Parade Blackburn 3130

Phone: 9845 2700

Freecall: 1800 042 138

Fax: 9845 2777

Email: msconnect@mssociety.com.au

Web: www.msaustralia.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

SERVICES FOR CHILDREN AND ADULTS

Eastern Access Community Health - (EACH) Respite for Carers

EACH Respite for Carers is an Australian Government initiative that provides a range of support service which:

- Enable carers and the people they care for to have a break from the regular care situation.
- Allow carers to have time for themselves whilst the person they care for is being supported by trained staff.
- Offer different options for people in different situations.
- Explore each individual carer's needs and tailors respite options to meet those needs.
- Assist parents and family members by providing information and referral supports.

Support is available to:

- parents and carers of a person with a disability or mental health issue
- priority to aging carers

Eligibility: Carers of a person who has an intellectual disability, mental illness or autism, living in the Eastern Metropolitan Region.

Program Hours: Variable over 7 days, depending on the needs of the family.

Contact details:

Office Address: 46 Warrandyte Road
Ringwood 3134
Phone: 9871 1850
Fax: 9876 0100
Email: respiteforcarers@each.com.au
Web: www.each.com.au
Office hours: 8.30am - 5.00pm
Monday - Friday

Yooralla - Respite Service Coordination

Respite Service Coordination is a unique program designed to assist carers of a person with a disability aged between 6 and 64 years living in the Eastern Region. The program co-actively works with carers to navigate the respite service system.

Eligibility: Primary carer of a person with a disability aged between 6 and 64 years, living in the Eastern region of Melbourne and does not have active case management.

Program Hours: 9.00am - 5.00pm
Monday - Friday

Contact details:

Office Address: Suite 2, 587 Canterbury Road
Surrey Hills 3127
Phone: 9831 5600
Fax: 9830 0003
Web: www.yooralla.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Yooralla - Support for Older Carers Program (SOC)

The Support for Older Carers Program (SOC) is designed to assist carers, aged 60 years and over, to access generic and disability specific services for people they care for, who have a disability and are under 65 years.

The aim of the SOC program is to assist carers in navigating the service system and helping them plan for their future and for the future of the person they care for.

Eligibility: Carer must be the carer of a person with a disability, as defined by the Disability Act 2006. Carer must be 60 years or older. Australian Indigenous Carers must be 45 years or older. Carer must be living within the Eastern Metropolitan Region of Melbourne

Contact details:

Office Address: Suite 2, 587 Canterbury Road
Surrey Hills 3127

Phone: 9831 5600

Fax: 9830 0003

Web: www.yooralla.com.au

Office hours: 9.00am - 5.00pm

Monday - Friday

SERVICES FOR ADULTS

There are supported holiday options available year round.

The cost varies between each option, it is best to speak to the company about individual cost.

Ambleside Tours

Fully escorted day outings every month and trips during long weekends and school holidays. Generally one interstate trip per year. Carers provided.

Eligibility: Adults with any disability.

Program Hours: Variable

Contact details:

Office Address: 34 Stoda Street
Heathmont 3135
Phone: 9720 9800
Fax: 9729 0038
Email: marriott@alphalink.com.au
Web: www.amblesidetours.com
Office hours: 9.00am - 5.00pm
Monday - Friday

Flying High Tours Pty Ltd

Flying High aims to provide fun and educational holiday experiences for adults who need specialised care, and to broaden recreational options and create meaningful, new social opportunities.

Eligibility: Adults with a disability.

Program Hours: Variable.

Contact details:

Office Address: 254A Beaconsfield Parade
Middle Park 3206
Phone: 9699 5459 or 0414 290 118
Email: flyinghighw@bigpond.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Impact Support Services - Impact Leisure Services

Impact Leisure Services is a division of IMPACT that provides respite and recreation programs and supported holiday opportunities to adults with intellectual disabilities. Impact Leisure Services offers an extensive holiday program incorporating weekend, longer trips and interstate and overseas trips.

Eligibility: Adults with an intellectual disability.

Program Hours: Various times - including weekends.

Contact details:

Office Address: 59 Warrigal Road
Oakleigh 3166
Phone: 9568 6144
Fax: 9568 6044
Email: impact@impact.vic.edu.au
Web: www.impact.vic.edu.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interact Australia - Recreation Unlimited

Interact Recreation Unlimited is a non-funded, not-for-profit service, specialising in supported holidays and establishing community connections for people with disability.

Eligibility: People aged 18 years plus living in metro and rural regions of Melbourne

Program Hours: Monthly holiday opportunities vary in duration (3,4 and 5 days).

Contact details:

Phone: 9497 3444
Fax: 9497 2511
Email: mhulbert@interactaust.com.au
Web: www.interactaust.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Jan's Special Needs Travel

We organise package holidays and respite which are inclusive of accommodation, catering and activities. Also offer bed and breakfast and full use of the Axion Ridge Country Home which sleeps up to 14 people. Situated 15 - 20 minutes from Bendigo and Lake Eppalock.

Eligibility: Adults

Program Hours: Variable

Contact details:

Office Address: 34 Trent Court
off Axe Creek Road
Strathfieldsaye VIC 3551
Phone: (03) 5439 6377
Fax: (03) 5439 6353
Email: info@janstravel.com.au
Web: www.janstravel.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Leisure Options

Leisure Options provide supported holidays and travel services for people with disabilities. Holidays available all year. Individual holidays can be arranged.

Eligibility: Adults

Program Hours: Variable

Contact details:

Office Address: PO Box 142
Ocean Grove 3226
Phone: (03) 5256 3344
Free call: 1300 363 713
Fax: (03) 5256 3444
Email: mail@leisureoptions.com.au
Web: www.leisureoptions.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Ozmates Travel

Luxury coach holiday tours throughout Australia and overseas.

Eligibility: Adults with mild-moderate intellectual disability, acquired brain injury, and other conditions.

Program Hours: Variable

Contact details:

Office Address: PO Box 5283
Frankston 3199
Phone: 9787 9526
Fax: 9787 0458
Email: ozmates@ozmates.com.au
Web: www.ozmates.com.au
Office hours: 9.00am - 5.30pm
Monday - Friday

Platypus Tours

Platypus Leisure Tours provides supported holidays for people with mild to moderate intellectual disabilities. Our focus is to offer quality holidays both nationally and internationally at an affordable price. Our activities are designed to bring focus to enjoyment, social interaction and independence.

Eligibility: Adults with a mild to moderate intellectual disability.

Program Hours: Variable

Contact details:

Phone: 03 9876 1341
Email: info@platypustours.com.au
Web: www.platypustours.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR CHILDREN AND ADULTS

During holiday times for day programs or educational courses additional recreational programs are available for people with a disability.

Refer to out of school hours section for school holiday programs.

Able Australia - Holiday Program

Able Respite provides respite days during the school holidays for people with all disabilities, including Deafblindness.

Eligibility: People aged 6 - 64 years.

Program Hours: One or two days during the week.

Contact details:

Office Address: 616 Riversdale Road
Camberwell 3166
Free call: 1300 225 369
Fax: 9882 9210
Email: info@ableaustralia.org.au
Web: www.ableaustralia.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Manningham YMCA - Leisure Access Program (SHLAP)

The Leisure Access Program (LAP) is a recreational and social program developed for teenagers and young adults in the Manningham area living with disabilities.

A variety of programs are offered, which are suitable to each particular group's needs and interests whilst also providing respite for parents and carers. Activities are run as either a day program on a Saturday or an evening program on a Wednesday, dependent upon the group. School holiday programs (SHLAP) also offer an opportunity for all the LAP members to get to know each other and socialise with their friends.

All groups are fully supervised and supported by qualified and enthusiastic staff during each activity.

Eligibility: Three groups:

- Red: High needs, challenging behaviour
- Green: 12-25 (approx) years old
- Rap: Quite independent over 25 years

Program Hours: Variable, weekdays during school holidays.

Contact details:

Office Address: 3 Mitchell Street
East Doncaster 3109
Phone: 9848 9544
Fax: 9848 7455
Email: lap@ymca.org.au
Office hours: 9.00am - 5.00pm Wednesday
9.00am - 1.00pm Friday

Villa Maria - Summer Holiday Program

The Summer Holiday Program provides an opportunity to make lasting friendships, have fun, get involved in the community and develop independence skills, by participating in an exciting range of recreation programs for adults with a disability. Activities are age appropriate, fun and challenging, and provide great opportunities to make new friends and explore a variety of activities.

Eligibility: People aged 16 - 64 years living in the Eastern Metropolitan Region of Melbourne

Program Hours: 15 days during the December - January school holidays

Contact details:

Office Address: 535-537 High Street Road
Mt Waverley 3149
Phone: 9809 6823
Fax: 9803 0800
Email: respite.services@villamaria.com.au
Web: www.villamaria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR CHILDREN AND ADULTS

A trained worker provides assistance and support to a person with a disability in their own home. These programs offer an amount of hours in a particular period of time.

See Local Government section for additional In home respite services.

Able Australia - Able Respite Services

Able Respite provides occasional in-home and community access respite to people with all disabilities, including Deafblindness.

Eligible: People aged 6 - 64 years.

Program Hours: Flexible - tailored to meet the needs of the individual.

Contact details:

Office Address: 616 Riversdale Road
Camberwell 3166
Free call: 1300 225 369
Fax: 9882 9210
Email: info@ableaustralia.org.au
Web: www.ableaustralia.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Mobile Overnight Support Service (MOSS)

The Mobile Overnight Support Service (MOSS) is a Department of Human Services (DHS) Eastern Metropolitan Region initiative that is managed by Australian Home Care Services Pty Ltd. MOSS aims to assist people with a disability to increase or maintain their independence through the provision of overnight (after hours) attendant care support in their own, or their family's home. MOSS is seen as an extension of a person's existing supports.

The types of services that may be provided include routine, infrequent, ad hoc or minor emergencies. The support provided is designed to enable a person to remain in their home.

Eligibility: The service supports people within the City of Monash, and depending on demand some surrounding LGAs. For people who require physical assistance during the night.

Program Hours: 9.00pm - 5.00am
7 days of the week.

Contact details:

Phone: Australian Home Care Services
9835 9060
DHS Intake and Response: 1800 783 783
Office hours: 9.00am - 5.00pm
Monday - Friday

Yooralla - In-home Respite

In Home Respite is designed to provide home and community-based respite to the primary carer(s) of a person with a disability. To meet the requirements of the consumer and carer, the service can be utilised in a flexible and responsive manner. It aims to provide the primary carer(s) with support, allowing time for them either in or away from the home.

Eligibility: People aged 5 - 65 years who have a physical, intellectual, sensory, acquired brain injury or multiple disabilities.

Contact details:

Office Address: 6 Ellingworth Parade
Box Hill 3128
Phone: 9899 2766
Fax: 9899 4589
Web: www.yooralla.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Every Local Government Area (LGA) has a Home and Community Care (HACC) program that provides subsidised respite for people with a disability. HACC services may include - home care, meals, transport, cleaning aid. Services will differ, contact your LGA. Speak to the HACC program at your LGA to find out about services you are eligible for and waiting lists.

City of Boroondara - Health, Ageing and Disability Services (Respite Care)

The City of Boroondara Home and Community Care (HACC) program can provide trained Home Support Staff for Respite Care in the home and local community for a person with a disability. This enables the carer to have a break for a few hours during the day, evening or on the weekend. Personal Care and Home Care can also be offered to eligible clients. An in-home assessment is required to determine eligibility, hours, and fees in accordance with the HACC guidelines.

Eligibility: People with a disability living in the local LGA.

Program Hours: 7.00am - 1.00am, 7 days a week (excluding public holidays).

Contact details:

Office Address: 360 Burwood Road
Hawthorn 3122
Phone: 9278 4722
Fax: 9278 4748
Email: ageing.disabilityservices@boroondara.vic.gov.au
Web: www.boroondara.vic.gov.au
Office hours: 8:30am - 5:15pm
Monday - Friday

* See Recreation - children and adults for information about City of Boroondara Social Groups

City of Monash - Community Care Services

Monash City Council provides services for people with disabilities, the frail aged and their carers to assist them to reside in the community in their own home.

- **Home Care:** Assistance with household tasks, shopping, paying bills, food preparation and attendance at appointments.
- **Personal Care:** Assistance with activities of daily living including dressing, showering, toileting, transfers, mobility and respite.
- **Social Support Activities:** Community meals, social outings, companionship, information, referral and recreation.
- **Planned Activity Groups:** Offering gentle exercise, recreational and music activities as well as outings. An evening group is available for younger dependent adults with a disability.
- **Transport:** A community bus service within the municipality to fixed destinations.
- **Meals:** Cook chilled home delivered meals.
- **Home Maintenance:** Includes installation of ramps and rails, limited home and garden maintenance to ensure continued access and safety around the home.

Eligibility: People, who are frail, aged, or have a disability living in the local LGA.

Program Hours: Variable.

Contact details:

Office Address: 293 Springvale Road
Glen Waverley 3150
Phone: 9518 3553
Fax: 9518 3499
Web: www.monash.vic.gov.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Knox City Council - Home and Community Care

Knox's Respite Care Service allows carers of the frail, aged or people with a disability the opportunity to have a break. This service is provided in the client's home. Prior to services being provided, each client is assessed in their home for services according to individual needs. Access to services is subject to eligibility, availability of staff and the cost of service is dependent upon income.

Eligibility: People with a disability living in the local LGA.

Program Hours: Variable.

Contact details:

Office Address: 511a Burwood Highway
Wantirna 3152
Phone: 9298 8345 or 9298 8370
Fax: 9298 8194
Web: www.knox.vic.gov.au
Office hours: 8.30am - 5.00pm
Monday - Friday

Manningham City Council – Respite Care

Respite Care supports carers of people with disabilities by giving them a break from their caring responsibilities. Assistance can be provided with arranging planned regular respite or occasional respite. Respite is available after an assessment and consultation with the Occupational Health and Safety Team.

Respite for carers of children and young people with disabilities is available during school holidays through the Manningham Activities for Special Kids (MASK) program.

Eligibility: For carers of people with a disability living in the local LGA.

Program Hours: 7.00am - 12.00am,
Monday - Friday

Contact details:

Office Address: 699 Doncaster Road
Doncaster 3108
Phone: 9840 9700
Fax: 9840 9744
Email: manningham@manningham.vic.gov.au
Web: www.manningham.vic.gov.au
Office hours: 8.00am - 5.00pm
Monday - Friday

** See Out of School Hours - children for information about Manningham Activities for Special Kids (MASK)*

Maroondah City Council - Respite

Providing in home respite for carers of children and older persons.

Eligibility: People with a disability living in the local LGA.

Program Hours: Variable.

Contact details:

Office Address: 9 Civic Square
Croydon 3136
Phone: 9294 5729
Fax: 9294 5744
Email: co.care@maroondah.vic.gov.au
Web: www.maroondah.vic.gov.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Whitehorse City Council - Aged and Disability Services

Eligibility: People with a disability and aged living in the local LGA.

Program Hours: Variable

Contact details:

Office Address: 379-397 Whitehorse Road
Nunawading 3131
Phone: 9262 6333
Fax: 9262 6490
Email: customer.service@whitehorse.vic.gov.au
Web: www.whitehorse.vic.gov.au
Office hours: 8.00am - 4.30pm
Monday - Friday

Yarra Ranges Council - Home and Community Support

- **Respite Care:** provided in home and outing based for eligible clients to enable carers to take a break. No overnight respite provided.
- **Planned Activity Groups (PAG):** social groups that meet clients' needs, encourages independence and provides physical, intellectual, emotional and social stimulation.

Eligibility: People living in the Shire of Yarra Ranges and are HACC eligible. An in-home assessment is required. All services are based on client need and are provided according to available resources.

Program Hours: As negotiated.

Contact details:

Office Address: Anderson Street
Lilydale 3140
Phone: 1300 368 333
Fax: 9294 6483
Email: intakeadministrator@yarraranges.vic.gov.au
Web: www.yarraranges.vic.gov.au
Office hours: 9.00am - 5.00pm
Monday - Friday

INCLUSION SUPPORT

Children with special needs can access out of school hours programs including after school care, family day care and vacation care.

If a program requires assistance to develop its capacity to support a child with a disability, the program can approach their local Inclusion Support Agency.

A child must be registered with an out of school hours program before the Inclusion Support Agency can be contacted.

Inclusion Support Agency - East Middle Melbourne

Inclusion Support Facilitators (ISF) work directly with the eligible childcare services when a request is made. The ISF aims to build the services capacity to create an environment inclusive of all children.

Services Include:

- Occasional care
- Long day care
- Family day care
- In-home care
- After school
- Vacation care

Eligibility for Support:

Children aged 0 - 12 years, but can include young people up to the age of 18 years attending after school and/or vacation/holiday programs.

- Children from culturally and linguistically diverse backgrounds including refugee children
- Children with ongoing high support needs including children with a disability
- Aboriginal and Torres Strait Islander children

Contact details:

Office Address: Monash City Council
(lead agency)

Phone: 9518 3548

Fax: 9518 3444

Email: inclusion@monash.vic.gov.au

Web: www.monash.vic.gov.au/services/field-officers.htm

The program requiring assistance is to contact the Inclusion Support Agency for support and / or consultation.

Inclusion Support Agency - East Outer Melbourne

An initiative of the Inclusion and Professional Support Program funded by the Australian Government and provided by local Government. The East Outer Melbourne ISA covers the municipal areas of Knox, Maroondah and Yarra Ranges, under Knox City Council as lead agency in partnership with the Shire of Yarra Ranges.

Inclusion Support Facilitators

ISF's work directly with eligible childcare services to build their capacity to create an environment inclusive of all children, including those with additional needs, children with Aboriginal and Torres Strait Islander and refugee and recent immigrant backgrounds. Services include occasional care, long day care and family day care, in-home care, as well as after school and vacation care.

Eligibility for Support:

Children aged -0 - 12 years, but can include young people up to the age of 18 years attending after school and/or vacation/holiday programs.

- Children from culturally and linguistically diverse backgrounds including refugee children and Australian South Sea Islander
- Children with ongoing high support needs including children with a disability
- Aboriginal and Torres Strait Islander children

Contact details:

Office Address: 511 Burwood Highway
Wantina 3152
Phone: 9298 8150
Fax: 9298 8802
Email: knoxcc@knox.vic.gov.au
Web: www.knox.vic.gov.au

The program requiring assistance is to contact the Inclusion Support Agency for support and / or consultation.

Villa Maria – Outside School hours care (OSHC) programs

Villa Maria, in conjunction with Mt Evelyn SDS and Ashwood School offers two Outside School Hours Care programs for children and teenagers with a disability. Villa Maria receives funding from the Australian Government to operate these services.

Outer Encounters is based at Mt Evelyn and offers After School Care.

Program Hours:

- After school: 3.00pm - 6.00pm
Monday - Friday.
- Vacation Care: one week of each school holidays 9.00am - 5.00pm
Monday - Friday.

Ashwood OSHC is based at Ashwood School, offering After School Care.

Program Hours:

- After school: 3.00pm - 6.00pm
Monday - Friday.
- Vacation Care: one week of each school holidays 9.00am - 5.00pm
Monday - Friday.
- Two weeks in January vacation

Both After School Care programs are eligible for Child Care Benefit, Vacation Care programs are not.

Activities are age appropriate, fun and challenging and provide opportunities to make new friends and explore a variety of activities. Our staff are trained, experienced, friendly and supportive.

Contact details:

Office Address: 535-537 High Street Road
Mount Waverley 3149
Phone: 9809 6823
Fax: 9803 0800
Email: respite.services@villamaria.com.au
Web: www.villamaria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR CHILDREN AGED 6 TO 18 YEARS

During school holiday periods, additional recreational programs and camps are available for children with a disability.

Hawthorn Aquatic and Leisure Centre - Crazy Daze and Awesome Adventures

A school holiday program offering in house and excursion based activities. It is CCB claimable (Commonwealth Childcare Benefit).

Eligibility:

- Crazy Daze: 5 - 11 years (excursion and in house based)
- Awesome Adventures: special needs 12 - 20 years (excursion based)

Program Hours: 8.30am - 5.30pm,
Monday - Friday during school holidays.

Contact details:

Office Address: Linda Crescent
Hawthorn 3122
Phone: 8862 9100
Fax: 9815 0268
Email: hawthorn@ymca.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Inner East - Recreation Program

The Recreation Program provides respite to families through regular planned social and recreational group activities for young people. Young people who have a disability are able to experience a variety of community based activities, develop social skills and increase their level of independence.

- Recreation groups are formed taking into consideration the age and abilities of the participants.
- Groups cater to individuals between the ages of 12 - 35.
- Each group has one to three respite care workers, as well as, a pool of volunteers providing support.

- School holiday activities and camps for 12 - 18 year olds are run in each of the school holidays for current participants.
- School holiday activities are fun, community based activities eg. roller-skating, bowling, swimming, playgrounds, outings to theme parks, the zoo and more.

Eligibility: People aged 12 - 35 years living in the areas of Boroondara, Manningham, Monash and Whitehorse.

Program Hours: Weekends and school holidays

Contact details:

Office Address: 2 Kendall Street
Canterbury 3126
Phone: 9836 9811
Fax: 9888 5272
Email: vivienne@iie.org.au or hayley@iie.org.au
Web: www.iie.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Outer East (IOE) - School Holiday Program

Camps and day activities are run during school holiday periods. All camps and day activities are managed by the School Holiday Program Coordinator and run by Interchange staff. Volunteers provide 1:1 assistance with personal care and participation in activities.

The School Holiday Program caters for all abilities with specialised camps and activities offered for children with specific needs.

Due to the number of applications, camps and holiday activities are not available to siblings.

- School holiday camps are held at various accredited camp sites throughout Victoria, with cabin or dormitory style accommodation (not under canvas). Activities, both on and off site, guarantee a full program of fun and memorable camp experiences for everyone. Camps are generally between 3 and 5 days duration and on average 15 participants, 15 volunteers and 3 staff attend each camp.

- School holiday activities are fun, community based activities eg. roller-skating, bowling, swimming, playgrounds, outings to theme parks, the zoo and more

Eligibility: Children 4 - 18 years living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: 10.00am - 5.00pm, Monday - Friday during the school holidays.

Contact details:

Office Address: 5 - 7 Yose Street
 Ferntree Gully 3156
 Phone: 9758 5522
 Fax: 9758 5899
 Email: heather.sayer@ioe.org.au or bec.casey@ioe.org.au
 Web: www.ioe.org.au
 Office hours: 9.00am - 5.00pm
 Monday - Friday

**Manningham Activities
 Special Kids (MASK)**

MASK is a school holiday program for kids with special needs. It caters for school aged children, living at home with parents/ guardians and is divided into 2 groups.

The 5-12 year old group is run from Bulleen Heights School for approx 5 days each holiday period. This program is funded by Manningham City Council, 1st priority is for Manningham residents.

The 13-18 year old group runs at Heatherwood School, this runs everyday of each school holiday period. This program is jointly funded by DHS and Manningham City Council, 1st priority is for EMR residents.

The aim of the program is to provide respite to carers and provide children and young adults with opportunities to meet new friends, develop social skills and access the community in a holiday atmosphere.

Eligibility: Children aged 5 - 18 years.

Program Hours: Monday to Friday during school holidays.

- Younger Group - 9.00am - 4.45pm.
- Older Group - 8.00am - 5.45pm

Contact details:

Office Address: 699 Doncaster Road
 Doncaster 3108
 Phone: 9840 9700
 Fax: 9840 9755
 Email: mask@manningham.vic.gov.au
 Web: www.manningham.vic.gov.au
 Office hours: 9.30am - 5.00pm
 Monday, Tuesday and Thursday
 8.30 am - 4.30pm Wednesday and Friday

**Monash SDS Holiday Program
 and Teenage Holiday Program**

Vacation programs usually run the first week of each school holiday period and for two weeks during the January vacation. Child Care benefit is available.

Eligibility: Children 5 - 18 years who have an intellectual disability or a developmental delay.

Program Hours: 8.30am- 5.00pm, Monday - Friday during the school holidays.

Contact details:

Office Address: 15-25 Academy Avenue
 Wheelers Hill 3150
 Phone: 9239 7400
 Fax: 9239 7444
 Email: johnston.helen.e@edumail.vic.gov.au
 Office hours: 9.00am - 3.30pm
 Monday - Friday (during school term)

Mt Evelyn SDS - Vacation Care Program

An activity and excursion based program for children / adolescents with an intellectual disability aged between and 18 years.

Eligibility: Children / adolescents living in the Outer Eastern suburbs of Melbourne who have an intellectual disability.

Program Hours: 9.00am - 5.00pm, part of school holidays.

Contact details:

Office Address: Corner Hereford and Old Hereford Roads Mt Evelyn 3796
Phone: 9736 2499
Fax: 9736 3430
Email: mount.evelyn.sds@edumail.vic.gov.au
Office hours: 9.00am - 4.30pm school days

People Outdoors

People Outdoors is a community based non-profit organisation. We aim to provide "Adventure for All" through various types of programs to enable children, teenagers and adults with disabilities to participate in outdoor adventure programs and camping experiences. We supply trained volunteers (1:1 support care) for all individuals to attend camps and recreational activities along with a program leader who oversees the safety and running of the program.

In the January and July school holidays an "Adventure for All Camp" is run for people living in the Eastern Metropolitan Region of Melbourne with an unpaid carer.

Eligibility: People aged 6 –18 years.

Program Hours: Weekdays in school holidays.

Contact details:

Office Address: Suite 9, 950 Main Road Eltham 3095
Phone: 9430 2950
Fax: 9431 1733
Email: peopleoutdoors@auscamps.asn.au
Web: www.peopleoutdoors.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Villa Maria - After School and Vacation Care Program

Outer Encounters is an After School and Vacation Care Program which offers an exciting range of recreation and centre based programs for school aged children and teenagers with a disability, living in the Outer Eastern Region of Melbourne.

Working in partnership with Mt Evelyn Special Development School, Villa Maria receives funding from the Australian Government to operate the program which is based at Mt Evelyn.

Activities are age appropriate, fun and challenging, and provide great opportunities to make new friends and explore a variety of activities. Our staff are experienced, enthusiastic, friendly and understanding. We enjoy having fun on our programs, helping participants develop new skills, gain independence, explore and embrace new activities, celebrate achievements and positively engage with peers in the community.

Eligibility: School aged children and teenagers living in the Outer Eastern Metropolitan Region of Melbourne.

Program Hours:

- After school :3.00pm - 6.00pm
Monday - Friday.
- Vacation Care: one week of each school holidays 9.00am - 5.00pm
Monday - Friday.

Contact details:

Office Address: 535-537 High Street Road Mount Waverley 3149
Phone: 9736 1476 or 9809 6823
Fax: 9803 0800
Email: respite.services@villamaria.com.au
Web: www.villamaria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR CHILDREN AGED 6 TO 18 YEARS

Recreation programs offer a fun experience for people with a disability, while at the same time providing parents and carers with a break.

Bulleen and Templestowe Community House (BATCH) Afternoon Social Program

Provides social and recreational opportunities for children and teenagers with physical, intellectual and sensory disabilities in a friendly, supportive environment using fun and enjoyable activities. Activities include cooking, art and craft, ball games, videos, computer games, music and more.

Eligibility: Children aged 5 - 18 years who have a physical, intellectual or sensory disability.

Program Hours: 3.00pm - 6.00pm
Monday - Thursday.

Contact details:

Office Address: Bulleen Heights School
Pleasant Road, Bulleen 3105
Phone: 9850 3687
Fax: 9850 3030
Email: office@batch.org.au
Web: www.batch.org.au
Office hours: 9.30pm - 4.00pm
Monday - Thursday

Cerebral Palsy Support Network - Access All Areas (AAA) Teenage Social Program

This teenage social group is now offered to all members between the ages of 13 and 18 with Cerebral Palsy as their primary physical disability. Fun activities are organised monthly, and vary from trout fishing to attending a Comedy Festival event. Participants are supported by competent young adults in the development of skills that will make them more independent and self assured when accessing their community.

The aim of the program is to build confidence, empower independence - and of course to have fun! Most activity costs, including return home travel, admission to events and refreshments, are covered by the CPSN, with participants accompanied by staff and volunteers.

Eligibility: People aged 13 - 18 years who have cerebral palsy who are members of the Cerebral Palsy Support Network (CPSN)

Program Hours: Variable depending on the activity

Contact details:

Office Address: 86 Herbert Street
Northcote 3070
Phone: 9445 7488
Freecall: 1800 277 600
Fax: 9445 7489
Email: aaa@cpsn.info
Web: www.cpsn.info/
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Outer East (IOE) - 10 to 13 recreation

The 10 -13 Recreation Program provides recreational activities. It operates during school term and consists of day activities on either a Saturday or Sunday plus full weekend camps. Small groups of 6 children access community based activities with the support of 4 volunteers and 2 Interchange staff members.

Participants apply via an application process which involves selecting activity preferences every six months.

The 10-13 Recreation Program is all about having fun with others of the same age in a small group environment. Waiting lists apply for this program.

Eligibility: Children 10-13 years living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: Friday, Saturday and Sundays.

- Days: 10.00am - 5.00pm.
- Camps: 6.00pm Fridays - 5.00pm Sunday

Contact details:

Office Address: 5-7 Yose Street

Ferntree Gully 3156

Phone: 9758 5522

Fax: 9758 5899

Email: rachael.dewhurst@ioe.org.au

Web: www.ioe.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Interchange Outer East (IOE) - Children's Recreation

Children's Recreation is designed to ease young children into group based activities in a supportive, non-threatening environment, enabling them to enjoy new experiences and make friends. Small groups of 5 children participate in a program of day activities and weekend camps with support from volunteers on a 1:1 basis plus two Interchange workers.

Eligibility: Children 4 - 10 years living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: Friday, Saturday and Sundays.

- Days: 10.00am - 5.00pm.
- Camps: 6.00pm Fridays - 5.00pm Sunday.

Contact details:

Office Address: 5-7 Yose Street

Ferntree Gully 3156

Phone: 9758 5522

Fax: 9758 5899

Email: kaisie.fairweather@ioe.org.au

Web: www.ioe.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Interchange Outer East (IOE) – Funk It Up Friday

Regularly monthly disco held in Bayswater.

Eligibility: Young people aged 6 - 18 years.

Program Hours: 7.00pm - 10.00pm, on the last Friday of each month.

Contact details:

Office Address: 5-7 Yose Street

Ferntree Gully 3156

Phone: 9758 5522

Fax: 9758 5899

Email: heather.sayer@ioe.org.au

Web: www.ioe.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Interchange Outer East (IOE) – Sibling Support Program

Sibling Support Groups provide an opportunity for brothers and sisters of children with disabilities to have fun, share their experiences develop strategies to cope with stressful situations and form a support network. Groups operate each term, 1 session per Saturday for 3 weeks. Each sibling group caters for a specific age group (5 - 8 years, 9 - 12 years). Sessions concentrate on siblings learning from each other within a supportive environment. The support programs are staffed by casual Recreation Leaders who have background knowledge in Sibling support. Sibling Camps provide the opportunity for siblings to have a fun weekend away from their families and are a chance for them to form friendships with other siblings. Camps are run by casual Recreation Leaders with the assistance of volunteers. The camps are grouped according to age (5 - 8, 9 - 12 and 13 - 18).

Eligibility: Children aged 5 - 18 years living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: Friday, Saturday and Sundays.

- Days: 1.00pm - 4.00pm
- Camps: 6.00pm Fridays - 5.00pm Sunday

Contact details:

Office Address: 5-7 Yose Street,
Ferntree Gully 3156
Phone: 9758 5522
Fax: 9758 5899
Email: jess.vanarendonk@ioe.org.au
Web: www.ioe.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Outer East (IOE) – Youth Group Program

Youth Group provides opportunities for teenagers, aged 14 - 18, to participate in age appropriate, community recreational activities, develop social skills and increase their levels of independence. Youth Group runs with a few regular groups who meet monthly, as well as a couple of casual groups that can pick their own dates.

Eligibility: Teens 14 - 18 years living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: Friday, Saturday and Sundays.

- Days: 10.00am - 5.00pm
- Camps: 6.00pm Fridays - 5.00pm Sunday

Contact details:

Office Address: 5-7 Yose Street,
Ferntree Gully 3156
Phone: 9758 5522
Fax: 9758 5899
Email: heather.sayer@ioe.org.au
Web: www.ioe.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Kelly Sports and ERLS -Time Out for Sports Program

Kelly Sports and ERLS have combined to provide a variety of fun and challenging activities delivered by experienced coaches. Participants will have an opportunity to participate in basketball, soccer, cricket, and bar skills in the 7 week program.

Eligibility: Children aged 5 - 12 years with Autism Spectrum Disorder

Program Hours: Friday 4.15pm - 5.30pm, during school term.

Contact details:

Office Address: Sportlink, Hanover Street
Vermont South 3133 and
Templestowe Sports Hall, High Street
Templestowe 3106
Phone: 9847 711
Email: francis@kellysports.com
Web: www.kellysports.com
Office hours: 9.00am - 11.00pm
Monday - Friday

Mt Evelyn Special Developmental School - Saturday Club

An activity and excursion based program for children / adolescents with an intellectual disability aged between 6 and 18 years.

Eligibility: Children / adolescents living in the Outer Eastern suburbs of Melbourne who have an intellectual disability.

Program Hours: 10.00am - 4.00pm,
6 Saturdays per school term.

Contact details:

Office Address Cnr Hereford and Old Hereford
Roads Mt Evelyn 3796
Phone: 9736 2499
Fax: 9736 3430
Email: mount.evelyn.sds@edumail.vic.gov.au
Office hours: 9.00am - 4.30pm school days

Villa Maria - Flexible Respite Program

Villa Maria Disability Services Respite Team offer an exciting range of recreation and camping programs for children, adolescents and adults with a disability. Activities are age appropriate, fun and challenging and provide opportunities to make new friends and explore a variety of activities. Our staff are trained, experienced, friendly and supportive.

The programs available are:

Flexible Respite: 6 - 18 years, based at two sites, Kew and Wantirna, operates Saturdays of school term and every day of school holidays.

The Wave: 6 - 12 years, based in Ashburton, one week of school term holidays, three weeks in January.

Great Break: 12 - 18 years, school holidays, based at Mitcham.

Summer Holiday: 16 - 25 years, 15 days, January school and ATSS holiday periods

Adult Social Club: 18 - 65, two Sundays per month (may include Friday/Saturday nights)

Bridging the Gap: 16 – 25, two Saturdays per month (may include Friday/Saturday nights)

Camping Program: Range of Camp options for individuals aged 6 - 65. Visiting a range of Camp sites and holiday houses across Victoria, weekends, school and ATSS holidays. We also have a number of one night Camps for 6 -12 year olds to introduce them to overnight options!

Contact details:

Office Address: 535-537 High Street Road,
Mt Waverley 3149
Phone: 9809 6823
Fax: 9803 0800
Email: respite.services@villamaria.com.au
Web: www.villamaria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Wesley Disability Community Services - Kids Under Kanvas

Provides young people who have a disability, the opportunity to participate in recreation and camping activities which develop new skills and self-confidence. The program promotes opportunities to share new experiences and make new friends while having fun.

Program is led by volunteers, with a ratio of 1 volunteer to 2 participants.

Eligibility: People aged 8 - 18 years who have a mild to moderate disability.

Program Hours: Weekends

Contact details:

Office Address: 280 Thomas Street
Dandenong 3175
Phone: 9794 3056
Fax: 9794 3009
Email: bree.forester@wesley.org.au
Web: www.wesley.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

SERVICES FOR ADULTS AGED 18 TO 64 YEARS

Alkira Recreation Service

Alkira offers a wide variety of recreation and leisure opportunities for people to enjoy on weeknights, weekends and during school holidays, as well as other holidays during the year. Activities include pasta and DVD nights at Alkira, cooking and craft activities, ten pin bowling, trips to sporting events, train trips, trips to the movies, dinner at restaurants, visits to the theatre or circus and seasonal activities.

Eligibility: People aged 18 years and over, who have an intellectual disability and live with ageing carers.

Contact details:

Office Address: 3 Thurston Street
Box Hill 3128
Phone: 9890 1365
Fax: 9897 3109
Email: info@alkira.org.au
Web: www.alkira.org.au
Office hours: 9.00am - 4.30pm
Monday - Friday

Craig Family Centre - A Crew

A-Crew is a group for people who experience disability to participate in activities out in the community with staff support. It's a time to relax, learn and discover and be socially and mentally stimulated. It also provides some respite time for carers.

Program Hours: Alternative Saturdays during school terms. Usually between 11.00am and 5.00pm ranging 3 - 6 hours. Occasional dinner outing.

Craig Family Centre - Ace Space

Ace Space is a casual, centre-based activity group at 'the Craig' where people living in the area can just drop in. It's a time to meet people, participate in a fun cooking or craft activity or simply hang out with friends for a while.

Ace Space provides social opportunities for people who experience disability and live independently in the community.

Eligibility: People aged 18 - 40 living in the Monash and Booroondara council areas.

Program Hours: 3.00pm - 6.00pm Thursdays.

Contact details:

Office Address: 7 Samarinda Avenue
Ashburton 3147
Phone: 9885 7789
Fax: 9885 6299
Email: craig.disability@craigfc.org.au
Web: www.craigfc.org.au
Office hours: 11.00am - 6.00pm Thursdays

Eastern Access Community Health (EACH) - Abound

Abound provides supported recreation, continuing education and social activities in community venues for people with an acquired brain injury.

Groups meet weekly and are low cost.

Eligibility: People aged 18 - 65 years who have an acquired brain injury.

Program Hours: Various day and evening activities.

Contact details:

Office Address: 46 Warrandyte Road
Ringwood 3134
Phone: 9871 1850
Fax: 9876 0100
Email: aames@each.com.au
Web: www.each.com.au
Office hours: 8.00am - 5.00pm
Monday - Friday

Eastern Diners Club

A self directed social club providing young adults with disabilities, the opportunity to eat out monthly together at various restaurants and cafes in the eastern region.

Eligibility: Young adults over 18 years with physical and multiple disabilities.

Program Hours: Varies, usually third Saturday evenings of every month.

Contact details:

Address: PO Box 23

Glen Waverley 3150

Phone: 9902 1601

Mobile: 0419 509 208

Email: gbrown@scopevic.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Eastern Recreation and Leisure Services (ERLS)

Eastern Recreation and Leisure Services Inc. (ERLS) is a community-based organisation that operates throughout the Eastern Metropolitan Region. ERLS covers the following seven municipalities; Knox, Maroondah, Whitehorse, Monash, Manningham, Boroondara and the Shire of Yarra Ranges.

Our Programs:

Access for All Abilities Program

Access for All Abilities is a Victorian Government Initiative coordinated by Sport and Recreation Victoria. For over 10 years the program has, and continues to support and develop inclusive sport and recreation opportunities for people with a disability.

ERLS Sport and 'Active' Recreation Respite Program

Through the EECO program activities, ERLS delivers sport and recreation focused respite for people who experience disability and reside in the Eastern Region of Melbourne. The program aims to provide families with respite but at the same time, participants with disabilities are able to explore experience and connect to the many opportunities and benefits that sport and active recreation has to offer.

Volunteer Incentive Program

The ERLS Volunteer Incentive Program provides a platform to recruit, train and appropriately place volunteers into community sport and active recreation settings, with the intent of building the sport and recreation providers' scope to deliver successful and inclusive opportunities for the broader community.

RAID Basketball and Netball Competitions

The aim of the RAID Competition is to provide a weekly netball and basketball competition for people with a disability, providing opportunities to undertake training in basketball and netball through skilled instruction and game practices.

Doncaster All Abilities Basketball Leadership Program

Operating through the Doncaster All Abilities Basketball Association, the Leadership Program aims to develop competition leaders for tomorrow.

Eligibility: People aged 16 years plus living in the municipalities of Boroondara Manningham, Whitehorse, Monash, Knox and Maroondah. The Respite program extends to the Shire of Yarra Ranges.

Program Hours: Varied, 7 days a week.

Contact details:

Office Address: Head Office

125 George Street

Doncaster 3109

Phone: 9855 9977 or 9848 9204

Fax: 9840 0123

Email: respite@erls.net

Web: www.erls.net

Office hours: 9.00am - 5.00pm

Monday - Friday

Hawthorn Aquatic and Leisure Centre - Regenerate Program

Current sessions tailored for people who have had a stroke or have Multiple Sclerosis. Provide individually tailored gym programs following a health consultation.

Eligibility: People aged 18 years plus who have had a stroke or have Multiple Sclerosis.

Program Hours: Weekly group sessions, Monday 12.00pm (MS) Thursday 1.00pm (Stroke).

Contact details:

Office Address: Linda Crescent
Hawthorn 3122

Phone: 8862 9100

Fax: 9815 0268

Email: hawthorn@ymca.org.au

Web: www.hawthorn.ymca.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Independence Australia - Vada Creative Arts Group

The Creative Arts Group offer a variety of activities including drama, painting, ceramics and several other mediums to choose from. Community Festivals and exhibitions form part of the program and participants are encouraged to take part in these enjoyable events. Bookings essential.

Eligibility: People 18 years plus with a physical disability living in the Eastern Region of Melbourne.

Program Hours: 10.00am - 3.00pm, Monday, Wednesday and Friday

Contact details:

Office Address: Yarrunga Community Centre
Croydon 3136

Phone: 1300 704 456

Fax: 1300 704 451

Email: linda.morton@independenceaustralia.com

Web: www.independenceaustralia.com

Office hours: 9.00am - 5.00pm

Monday - Friday

Interchange Outer East (IOE) - After Work Social Club

This program offers small groups of young adults the opportunity to get together on a regular basis during the late afternoon or evening to enjoy social leisure activities and friendship. Activities are community based and reflect the interests of the participants. The program is open to young adults, aged 18 plus who are able to work within a support framework of 1: 3. The groups usually consist of 2 Recreation Leaders and 6 participants.

Eligibility: Adults 18 - 26 years living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: Tuesday and Friday

Days: 3.30pm - 7.30pm or

5.30pm - 11.30pm

Contact details:

Office Address: 5-7 Yose Street,
Ferntree Gully 3156

Phone: 9758 5522

Fax: 9758 5899

Email: bec.casey@ioe.org.au

Web: www.ioe.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Interchange Outer East (IOE) - Adult Recreation

The Adult Recreation program provides young adults with a range of recreational and social opportunities through the provision of activity days and camps. Outings are age appropriate and community based. Participants must be able to work within a framework of 1:3.

Eligibility: Adults aged 18 years plus living in the areas of Maroondah, Knox and Shire of Yarra Ranges. Participants must have registered with Interchange before they turn 26 years of age.

Program Hours: Friday, Saturday and Sundays.

- Days - 10.00am - 5.00pm.
- Camps - 6.00pm Friday - 5.00pm Sunday

Contact details:

Office Address: 5-7 Yose Street
Ferntree Gully 3156

Phone: 9758 5522

Fax: 9758 5899

Email: jess.vnarendonk@ioe.org.au

Web: www.ioe.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Knox Community Arts Centre - All Abilities Dance and Drama Classes

The Knox Community Arts Centre offers dance and drama classes for people of all abilities. Currently the classes coincide with the school terms and break for the school holidays. The drama classes operate on a Wednesday evening from 7.00pm - 8.00pm with tutor Lianne Counsell. Lianne's classes focus on self expression, self awareness, inclusion, group participation and lots of creativity.

The dance class runs from 6.00pm - 7.00pm on a Thursday evening with tutor, Kathy Rooke. Kathy has taught dance at the arts centre for many years and encourages participants to let their bodies move to the rhythm of the music. Her classes consist of a range of dance styles including rock 'n' roll, line dancing, and other creative routines. Her classes aim to expand co-ordination and interaction in a fun and supportive environment.

Eligibility: People aged 18 years plus

Program Hours:

- 7.00pm - 8.00pm, Wednesday
- 6.00pm - 7.00pm, Thursday

Contact details:

Office Address: Cnr Pine Rd and Station St
Bayswater 3153

Phone: 9729 7287

Fax: 9720 0160

Email: samara.cunningham@knox.vic.gov.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Mazenod Panthers FIDA team

A football team for people with an intellectual disability and competes in the local FIDA competition.

Eligibility: People aged 18 years plus with an intellectual disability.

Program Hours: 4.30pm - 5.30pm,
Wednesday (training) Sundays (every second)
March - August

Contact details:

Office Address: Central Reserve,
Corner Springvale and Waverley Roads,
Glen Waverley 3150

Phone: 0431 840 466 or 9564 0924

Fax: 9886 1195

Email: asharp@bigpond.net.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Nunawading Aqualink - Allfit

Allfit is a program designed to increase the accessibility of health and fitness opportunities for people with a physical disability. Allfit will show participants how the benefits of participation in physical activity can improve their health, fitness and quality of life. Allfit will also empower participants to make participation in physical activity part of their lifestyle.

Eligibility: Adults aged 18 years plus with a physical disability.

Program Hours: 9.00am - 5.00pm,
Monday - Friday.

Contact details:

Office Address: Fraser Place
Forest Hill 3131
Phone: 9878 4576
Fax: 9894 3846
Email: enquiry@nunawading@aqualink.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday.

Oakleigh Centre - Rec-Line

Rec-Line provides supported community based recreation and leisure activities and holiday opportunities for adults with an intellectual disability.

A weekly disco and dinner function is held on a Thursday night.

The participants may be living independently, with a carer, or in a government funded community residential unit or in a community service organisation residential unit.

Eligibility: People aged 18 years plus, living in the Eastern and Southern Metro areas of Melbourne.

Program Hours: Varying according to the activity.

Contact details:

Office Address: 773 Warrigal Road
Oakleigh 3166
Phone: 9564 0924
Fax: 9568 4238
Email: yskoda@oakleighcentre.org
Web: www.oakleighcentre.org
Office hours: Monday to Thursday
and weekends

Penumbra Centre

Penumbra is an adult day care centre primarily offering a craft based program, which also provides social interaction and respite for carers.

Eligibility: People aged 25 years plus, living in Maroondah, Whitehorse, Knox and Yarra Ranges.

Program Hours: Tuesday 10.00am - 1.00pm
Wednesday and Thursday 10.00am - 3.00pm

Contact details:

Office Address: 42 Panfield Avenue
Ringwood 3134
Phone: 8822 4408
Email: penumbra@optusnet.com.au
Office hours: 12.00pm - 5.00pm
Tuesday, Wednesday and Thursday

Scope - Recharge

Scope ReCharge is a community recreational respite program for people with disabilities and their families across the Eastern metropolitan region.

Eligibility: People aged 18 years plus.

Program Hours: 10.00am - 4.00pm
Saturday and Sunday.

Contact details:

Office Address: 750 Boronia Road
Wantirna 3152
Phone: 9801 6222
Fax: 9887 1901
Email: recharge@scopevic.org.au
Web: www.scopevic.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Turntable Disco

A monthly disco for people with all abilities.

Eligibility: People aged 18 years plus.

Program Hours: 6.30pm - 9.00pm,
second Friday of each month
(Some dates subject to change)

Entry: \$8.00pp (Carers and Support Staff free)

Contact details:

Office Address: Bayswater Youth Centre Cnr
Pine Road and Station St Bayswater 3153
Phone: 0413 812 988 (Kathy)
0419 552 694 and 9762 3868 (Gordon)
Email: djflash@ozemail.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

TRY Activities Centre - Shake Your Bon Bon

A fun and social dance class for young people with a disability to develop co-ordination, recognise beat and rhythm, to increase self-confidence and control of movement. Set to contemporary music create and learn new routines that will get you on the dance floor.

Eligibility: Young Adults living in the Eastern Metropolitan Region of Melbourne

Program Hours: Tuesdays 5.00pm - 6.00pm

Contact details:

Office Address: 125 George Street
East Doncaster 3109
Phone: 9855 9200
Fax: 9855 8952
Email: tryac@tryyouth.org.au
Web: www.tryyouth.org.au
Office hours: 9.00am - 6.00pm Monday to
Wednesday, 9.00am - 5.00pm Thursday
9.00am - 12.30pm Friday.

Villa Maria - Adult Social

Adult Social Group provides an opportunity to make lasting friendships, have fun, get involved in the community and develop independence skills, by participating in an exciting range of recreation and camping programs for adults with a disability. Activities are age appropriate, fun and challenging, and provide great opportunities to make new friends and explore a variety of activities.

Eligibility: People aged 18 - 64 years living in the Eastern Metropolitan Region of Melbourne.

Program Hours: Sunday - once a month.
Camps vary

Contact details:

Office Address: 535-537 High Street Road
Mount Waverley 3149
Phone: 9809 6823
Fax: 9803 0800
Email: respite.services@villamaria.com.au
Web: www.villamaria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Vision Australia - Independent Living Services (Boronia)

Vision Australia is a living partnership between people who are blind, sighted or have low vision. We are united by our passion that in the future people who are blind or have low vision will have access to and fully participate in every part of life they choose.

Activities include:

- Day programs - Wednesday and Friday
- Dinner groups - Two on 1st Monday evening of the month.
- Younger persons lunch group - 2nd Monday of the month.
- Audio Book Readers club - 2nd Friday of the month
- Self help groups, on various days

Eligibility: People with a vision impairment of any age living in the areas of Knox, Maroondah, Whitehorse, Monash and Yarra Ranges.

Program Hours: Variable depending on the activity.

Contact details:

Office Address: 252 Dorset Road
Boronia 3155
Phone: 9760 0000
Free call: 1300 847 466
Fax: 9761 2455
Web: www.visionaustralia.org
Office hours: 9.00am - 4.30pm
Monday - Friday

Vision Australia - Independent Living Services (Kooyong)

Vision Australia is a living partnership between people who are blind, sighted or have low vision. We are united by our passion that in the future people who are blind or have low vision will have access to and fully participate in every part of life they choose.

Activities include:

- Day programs - Monday Tuesday Wednesday and Thursday
- Dinner group- 1st Monday evening of the month.
- Self help groups- Various days
- Special interest group- 2nd Friday of the month
- Ballroom dancing - Wednesday evenings
- Indoor carpet bowling - various Fridays

Eligibility: People with a vision impairment of any age living in the areas of Boroondara, Manningham Glen Eira, Stonnington and Port Phillip.

Program Hours: Variable depending on the activity.

Contact details:

Office Address: 454 Glenferrie Road
Kooyong 3144
Free call: 1300 847 466
Fax: 9864 9219
Web: www.visionaustralia.org
Office hours: 9.00am - 4.30pm
Monday - Friday

SERVICES FOR CHILDREN AND ADULTS AGD 6 TO 64

Basketball Victoria - Basketball for All

Basketball Victoria has developed a number of programs designed to meet the needs of participants with a disability. Programs such as Skill, Fun and Play and Aussie Hoops Oz Ball have been modified, allowing participants with a disability to learn, develop and practice basketball skills in a supportive environment.

Eligibility: People with a Disability.

Program Hours: Variable

Contact details:

Office Address: Melbourne Sports and Aquatic Centre, Aughtie Drive
Albert Park 3206
Phone: 9927 6666
Fax: 9927 6677
Email: enquiries@basketballvictoria.com.au
Web: www.basketballvictoria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Club Wild

Club Wild is one of Australia's leading community arts organisations run by and for people with a disability. Club Wild supports the creative expression of people with a disability through music, dance, multimedia and performance, and champions their equal participation in society - in a seriously funky style! Club Wild runs an exciting program of disability friendly dance parties, training and creative workshops on song writing, music performance, drumming and dance, hip hop, rapping, DJing, MCing, multimedia and more.

Eligibility: Statewide

Program Hours:

- Dance parties at North Melbourne Town Hall Friday 7.00pm - 10.00pm.
- Workshops open during the day and on weekends.

Contact details:

Phone: 9326 9970
Fax: 9326 9970
Email: phil@clubwild.net
Web: www.clubwild.net
Office hours: 9.00am - 5.00pm
Wednesday - Friday

Doncaster and District Youth Club - Doncaster All Abilities Basketball

A basketball competition for people with intellectual disabilities.

Eligibility: 5 years plus.

Program Hours:

- Thursday and Friday nights
6.00pm - 9.00 pm
- Sunday training 5.00pm - 6.00pm.

Competitions: Leeds Street Stadium
East Doncaster and DISC Stadium Springvale
Road Donvale

Contact details:

Phone: 9842 8319
Fax: 9842 8512
Email: gail_dick@hotmail.com

Interchange Inner East - Recreation Program

The Recreation Program provides respite to families through regular planned social and recreational group activities for young people. Young people who have a disability are able to experience a variety of community based activities, develop social skills and increase their level of independence.

- Recreation groups are formed taking into consideration the age and abilities of the participants.
- Each group has one to three respite care workers, as well as, a pool of volunteers providing support.
- Groups meet at least once a month, usually on a Saturday, for recreational activities. In addition, groups have weekends away during the year.

- School holiday activities and camps for 12 - 18 year olds are run in each of the school holidays for current participants.

Eligibility: People aged 12 - 35 years living in the areas of Boroondara, Manningham, Monash and Whitehorse.

Program Hours: Weekends and school holidays

Contact details:

Office Address: 2 Kendall Street
Canterbury 3126
Phone: 9836 9811
Fax: 9888 5272
Email: vivienne@iie.org.au or
hayley@iie.org.au
Web: www.iie.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Outer East (IOE) - Reaching Out

Reaching Out is a person focused program that looks at one person and their family at a time. The aim of this program is to give community groups the initial support to integrate people with disabilities into their programs, these programs being the participant's choice due to recreation, hobby, sport, interest and desire. Inclusion Support workers will work alongside community groups to assist in the integration and inclusion of the Reaching Out participant accessing the community group. Once the community and the participant and their family feel confident to carry on without support, the Inclusion Support Worker will no longer provide direct support. However this will continue to be re-assessed on a regular basis to make sure everyone is benefiting from the program.

Eligibility: People aged 5 - 30 years living in the area of Shire of Yarra Ranges.

Contact details:

Office Address: 5-7 Yose Street,
Ferntree Gully 3156
Phone: 9758 5522
Fax: 9758 5899
Email: jess.vanarendonk@ioe.org.au
Web: www.ioe.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Jewish Care Victoria - Respite Services (Recreation)

Jewish Care currently offers four groups for Jewish people with a disability. The aim of these groups is to provide an opportunity for people with a disability to develop friendships while trialling a range of recreational activities (eg. Bowling, picnics, movies, arts and crafts)

Eligibility: People aged 13 years plus with a disability.

Program Hours: Weekends and school holidays.

Contact details:

Office Address: 619 St Kilda Road
Melbourne 3004
Phone: 8517 5980
Fax: 8517 5955
Email: respite@jewishcare.org.au
Web: www.jewishcare.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Knox Leisureworks - Nubuddy Program

The YMCA Nubuddy Program is aimed at offering people over the age of 15 with intellectual and some physical disabilities water based activities in a fun, social, supportive environment.

Eligibility: Young people and adults aged 15 years plus, with intellectual and some physical disabilities.

Program Hours: Every Saturday, two groups per day. Each group attends once per fortnight.

Contact details:

Office Address: Tormore Road
Boronia 3155
Phone: 9762 3133
Fax: 9720 6168
Web: www.knox.ymca.org.au
Office hours: 9.00am - 6.00pm
Monday - Friday

**Manningham YMCA -
Leisure Access Program (LAP)**

The Leisure Access Program (LAP) is a recreational and social program developed for teenagers and young adults in the Manningham area living with disabilities. A variety of programs are offered, which are suitable to each particular group's needs and interests whilst also providing respite for parents and carers. Activities are run as either a day program on a Saturday or an evening program on a Wednesday, dependent upon the group. School holiday programs (SHLAP) also offer an opportunity for all the LAP members to get to know each other and socialise with their friends. All groups are fully supervised and supported by qualified and enthusiastic staff during each activity.

Eligibility: Three groups

- Red: High needs, challenging behaviour
- Green: 12 - 25 (approx) years old
- Rap: Quite independent over 25 year olds

Program Hours:

- 6.00pm - 9.00pm, Wednesday.
- 10.00am - 4.00pm Saturday.

Contact details:

Office Address: 3 Mitchell Street
East Doncaster 3109
Phone: 9848 9544
Fax: 9848 7455
Email: lap@ymca.org.au
Office hours: 9.00am - 5.00pm, Wednesday
9.00am - 1.00pm, Friday

Montrose Football Club

Montrose Football Club offers the opportunity for young people aged 12 years and over to learn the skills of Australian Rules Football. The clinics are supported by experienced coaches and club volunteers.

Eligibility: People aged 12 years and over with an intellectual disability.

Program Hours: 11.00am - 1.00pm, Sundays (during football season)

Contact details:

Office Address: Montrose Primary School Leith Road Montrose 3765
Phone: 9728 4675
Email: montrose@efl.org.au

Ringwood Spiders Football Club

Ringwood Spiders football club provides Australian Rules football opportunities for people with a mild to medium intellectual disability. We compete in the Football Integration Development Association (FIDA) which has been successfully run since the early 90's and has over 400 participants throughout Victoria.

Programs include:

- Senior Team (14 - 40 years)
- Lake Side Café Junior Development Squad (14-16 years)
- Cheerleader Squad
- Social and Recreation

Eligibility: People aged 11 years plus who have a mild to medium intellectual disability.

Program Hours: Variable due to program, mainly on weekends. Senior Team - training Wednesdays 5.30pm - 6.45pm at Jubilee Park, Ringwood. Games fortnightly on a Sunday morning (at one of 3 grounds)

Contact details:

Phone: 9725 8264
Email: info@ringwoodspiders.com
Web: www.ringwoodspiders.com

Sailability Victoria

20 locations state-wide

The aim of Sailability is to introduce people of all ages and abilities to the joys of sailing in a straightforward, fun, inexpensive way. Recreational sailing programs for disability support groups, special schools and individuals. Some formal training and coaching opportunities also available.

Eligibility: People of all ages living in Victoria

Program Hours: Variable depending on local program schedules.

Contact details:

Phone: 9597 0066

Fax: 9598 7384

Email: sailability@yachtingvictoria.com.au

Web: www.sailability.org/au/vic

Office hours: 9.00am - 5.00pm

Monday - Friday

Office Address: Lysterfield Lake Horswood Rd
Lysterfield 3156

Phone: 9754 2274

Belgrave Sth Community House

Fax: 9752 6363

Email: bsch-extend@netspace.net.au

Web: www.bsch.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

TwYlight Disco

The TwYlight Disco is a Manningham YMCA Youth Services run event, in partnership with the Rotary Club of Doncaster and the TRY Activities Centre. TwYlight is held four times per year specifically for people living with a disability, providing a safe and fun environment for the participants to let their hair down and dance the night away.

Eligibility: People living with a disability (open age).

Program Hours: 3 hours, 4 times a year (dates to be advised).

Contact details:

Phone: 9848 9544

Fax: 9848 7455

Email: mys@ymca.org.au

Web: www.mys.ymca.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Villa Maria - Bridging the Gap

Bridging the Gap provides an opportunity to make lasting friendships, have fun, get involved in the community and develop independence skills, by participating in an exciting range of recreation programs for adolescents and young adults with a disability. The program is designed to support participants who are currently transitioning from children to adult services. Activities are age appropriate, fun and challenging, and provide great opportunities to make new friends and explore a variety of activities.

Eligibility: People aged 16 - 25 years living in the Eastern Metropolitan Region of Melbourne.

Program Hours: Sunday - fortnightly.
Camps - vary.

Contact details:

Office Address: 535-537 High Street Road
Mount Waverley 3149

Phone: 9809 6820

Fax: 9803 0800

Email: respite.services@villamaria.com.au

Web: www.villamaria.com.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Wheelchair Sports Victoria

Wheelchair sports Victoria (WSV) is the leading provider in sport and recreation for people with a physical disability throughout Victoria. Established in 1963, WSV provides an extensive range of sport and recreation opportunities, some of which include: wheelchair basketball, athletics, swimming, wheelchair rugby, wheelchair tennis, hand cycling, lawn bowls, boccie, 7-a-side football and shooting. The majority of our members include: spinal cord injury (paraplegia and quadriplegia), lower limb amputees, Spina Bifida, cerebral palsy and various other physical conditions affecting mobility.

Eligibility: WSV provides sport and recreation opportunities for people of all ages with physical and sensory disabilities.

Program Hours: Variable.

Contact details:

Office Address: 341 George Street
Fitzroy 3065
Phone: 9473 0133
Fax: 9473 0134
Email: info@wsv.org.au
Web: www.wsv.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

YMCA - Access for All Abilities. Yarra Ranges Council

Access for All Abilities is a Victorian Government initiative coordinated by Sport and Recreation Victoria. For over 10 years the program has, and continues to support and develop inclusive sport and recreation opportunities for people with a disability throughout Victoria. Mums, dads, kids, families, friends, seniors, support people, clubs, sporting associations, leisure centres and disability groups can also get involved. Access for All Abilities providers are professionals working at a community level to support and develop inclusive sport and recreation opportunities for people of all abilities.

Access for All Abilities providers promote and encourage a range of sport and recreation opportunities across the state from basketball to cricket, walking, Aussie rules football, soccer, sailing, and more.

Access for All Abilities providers can offer you:

- A variety of ideas and contacts to get you active and involved
- Links to organised activities at local facilities
- Timely and up to date advice on the latest sport and recreation opportunities in your area
- Pathways to sport and recreation opportunities right up to an elite level
- Opportunities to be trained and undertake roles to coach, umpire and volunteer.

Eligibility: People with a disability living in the Shire of Yarra Ranges

Contact details:

Office Address: Shiralee House
1 Little Yarra Road Yarra Junction 3797
Phone: (03) 5967 5833 or 0447 301 445
Email: jacinda.erich@ymca.org.au
Web: www.victoria.ymca.org.au/aaa
Office hours: 9.00am - 5.00pm
Thursday, Friday and alternating Wednesdays

Yooralla - Recreation

If you are a child, teenager or adult with a disability, Yooralla's Recreation Team can get you more actively involved in all kinds of recreation experiences. The recreation team has workers with particular expertise in:

- Health and fitness
- Holidays and travel
- Aquatics
- Community recreation.

Eligibility: People aged 6 years and over who have a disability. Service priority is given to people who have high and complex support needs.

Program Hours: Variable depending on activities.

Contact details:

Office Address: 244 Flinders Street

Melbourne 3000

Phone: 9916 5800

Fax: 9916 5900

Web: www.yooralla.com.au

Office hours: 9.00am - 5.00pm

Wednesday - Friday

Support groups provide advice, information and the opportunity to network with others in similar circumstances, for the families/carers of people with a disability.

Association for Children with a Disability

The Association provides information, support and advocacy to families who have a child with any type of disability or developmental delay in Victoria.

Contact details:

Office Address: Suite 2, 98 Morang Road
Hawthorn 3122
Phone: 9818 2000
Freecall: 1800 654 013 - rural callers only
Fax: 9818 2300
Email: mail@acd.org.au
Web: www.acd.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Autism Victoria

Provide an information and advice service. Services include phone advice, a magazine, information sheets, library and information about 'Helping Children with Autism' package. Also provide parent support including assistance with family issues, understanding autism and navigating services.

Eligibility: Families, carers and professionals.

Program Hours: 9.00am - 6.00pm,
Monday - Friday.

Contact details:

Office Address: 24 Drummond Street
Carlton 3053
Phone: 9657 1600
Freecall: 1300 308 699 (Country Area)
Fax: 9639 4955
Email: admin@autismvictoria.org.au
Web: www.autismvictoria.org.au
Office hours: 9.00am - 6.00pm
Monday - Friday

Boroondara Young Strokees Groups

A support group for young stroke survivors and carers in the City of Boroondara.

Provides:

- Regular meetings that offer friendships and social contacts with fellow survivors
- Disseminates up-to-date information on stroke care and employment accommodation and issues relevant to the youth of today
- Nurtures young stroke survivors back to mainstream activities and to be healthy and happy
- Promotes stroke awareness and stroke prevention.

Eligibility: Young people who have suffered a stroke

Program Hours: Once a month at various venues

Contact details:

Office Address: PO Box 2260
Hawthorn 3122
Phone: 0427 090 419 (Bernadette) or
0413 181 790 (Jenny)
Email: coordinator@bssg.org.au
Web: www.bssg.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Carers Victoria

Carers Victoria, a not-for-profit organisation, is the peak body representing and supporting family carers in Victoria.

Carers Victoria works to improve the lives of carers by building awareness of carers' needs and issues. We do this through our research and policy submissions, by representing carers in meeting with politicians and policy makers, and by working with the media.

Our services for carers include information, counselling, workshops, and referrals to other services and supports.

Eligibility: Family carers, who are providing care and support for a family member or friend with a disability, mental or chronic illness, or who is frail aged

Program Hours: Variable

Contact details:

Office Address: Level 1, 37 Albert Street
Footscray 3011
Phone: 9396 9500
Freecall: 1800 242 636
Fax: 9396 9555
Email: reception@carersvic.org.au
Web: www.carersvictoria.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Carers Victoria - Young Carers

Young carers are people aged up to and including 25 years of age who help provide care in families where someone has a chronic illness, a disability, or mental illness; is frail aged; or has an alcohol or other drug problem.

Services include carer advisory line, counselling, carer education, library, information, referral and resource information. Carers Victoria provide training for service providers and employ a part time Community Development and Education worker to raise awareness of young carers in the community.

Eligibility: Young carers aged up to and including 25 years and their families. Service providers and health professionals.

Contact details:

Office Address: Level 1, 37 Albert Street
Footscray 3011
Phone: 9396 9500
Freecall: 1800 242 636
Fax: 9396 9555
Email: cav@carersvic.org.au
Web: www.carersvic.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Cerebral Palsy Support Network

Cerebral Palsy Support Network (CPSN) empowers people with cerebral palsy and their families by providing support and information.

How can we assist you?

- Telephone support and information.
- Quarterly newsletter containing focused and interesting information.
- Formal and informal support opportunities for varying age groups.
- Information seminars and workshops.
- Community awareness programs.
- Brokerage program.
- Website with links to other disability services.
- Projects responsible to members needs.

Eligibility: For people with cerebral palsy and their families

Contact details:

Office Address: 86 Herbert Street
Northcote 3070
Phone: 9445 7488
Freecall: 1300 277 600
Fax: 9455 7489
Email: cpsn@cpsn.info
Web: www.cpsn.info/
Office hours: 9.00am - 5.00pm
Monday - Friday

Deaf Children Australia

We provide the support services needed to help children and young people fulfill their potential. Services provided include case management, family support groups, Auslan tuition for families, parent and child mentoring, accommodation for rural children to attend metropolitan schools for the deaf, recreation activities and camps, parenting programs, scholarships and some financial assistance. information, a free call help line and advocacy support services are also provided for families.

Deaf Children Australia is the only national provider of information and advocacy support to deaf and hard of hearing children and young people and their families.

Eligibility: Children aged 5 - 18 years and their families. Information and mentoring services are available to families of children younger than 5 years old.

Contact details:

Office Address: 597 St Kilda Road
Melbourne 3004
Phone: 9539 5300
Free call: 1800 645 916
Fax: 9525 2595
Email: helpline@deafchildren.org.au
Web: www.deafchildrenaustralia.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Down Syndrome - 15+ Support Group

Support for Parents/ Carers of people with Down Syndrome 15 +. Getting together with those in the same situation to share ideas, gain friendship and support, over a coffee or glass of wine if preferred.

Eligibility: For parents/carers of people with Down Syndrome 15 years plus.

Contact details:

Office Address: Club Ringwood. Corner Oban Road and Maroondah Hwy Ringwood 3134
Phone: 0413 981 212
Email: anthea.gary@bigpond.com
Office hours: Every 5th Monday
7.30pm - 9.30pm

Down Syndrome Victoria

Down Syndrome Victoria is the state-wide peak membership organisation representing individuals with Down Syndrome and their families. Down syndrome Victoria is a not-for-profit organisation established in 1978 to provide support, encouragement, information and resources to people with Down Syndrome, their families and the broader community.

We are a whole of life service offering:

- Personal support and information for families, especially when a new baby is born.

- Advocacy, information, support, mentoring and training for adults with Down Syndrome.
- An education support service to assist students with Down Syndrome and their teachers in mainstream schools.
- Peer support groups around Victoria.
- Annual family fun day and other events.
- Conference and education sessions.
- A quarterly journal.
- Information and professional development or health and education professionals.
- A library of Down Syndrome specific resources.

Eligibility: People with down syndrome and their families, and professionals.

Contact details:

Office Address: 219 Napier Street
Fitzroy 3065
Phone: 9486 9600
Free call: 1300 658 873
Fax: 9486 9601
Email: info@dsav.asn.au
Web: www.downsyndrome.victoria.org.au
Office hours: 9.30am - 4.00pm
Monday - Friday

Huntington's Victoria

Huntington's Victoria was established to promote the needs and interests of people affected by Huntington's disease. Services include case management, information services, and planning and facilitation.

Eligibility: People aged 18 years plus with Huntington's Disease.

Program Hours: 9.00am - 5.00pm,
Monday - Friday.

Contact details:

Office Address: 607 Warrigal Road
Ashwood 3147
Phone: 9563 3922
Fax: 9563 3489
Web: www.ahda.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Independence Australia - Polio Network Victoria

The Polio Network is a free service based in Victoria that provides relevant and accessible information, referral and support services to people who have had polio, their families, carers and advocates.

Services include:

- Information and support
- Community Information Sessions
- 17 state-wide support groups
- Quarterly newsletter: Polio Perspectives
- Resources: Books/DVDs/Videos
- Annual Polio Day
- Promotion of Immunisation

Eligibility: Families, carers and advocates

Program Hours: 9.00am - 5.00pm,
Monday - Friday.

Contact details:

Office Address: 208 Wellington Street
Collingwood 3066
Phone: 9418 0411
Free call: 1300 704 456
Fax: 1300 704 451
Email: polio@independenceaustralia.com
Web: www.polionetworkvic.asn.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Outer East (IOE) - Family Support

Mother's can relax, have some 'time out' and enjoy the company of other women for 1 day each term plus an annual weekend away in November. Activities include day or night outings to markets, theatre restaurants, picnics, boat trips, afternoon teas, lunches etc.

Father's activities consist of occasional weekend camps, some of which are structured to discuss specific issues, plus occasional activity days. Father and child days are also planned. The program provides fathers with the opportunity to relax, have fun and enjoy the companionship and support of other fathers.

Annual family camp is held over the long weekend of either March or June and offers an opportunity for families to join socially with other families for a weekend of fun, activity and relaxation. Interchange staff coordinate the camp and its activities. Some volunteer support is available to assist families.

Family days offer families the chance to have fun and socialise with other families.

Eligibility: Families living in the areas of Maroondah, Knox and Shire of Yarra Ranges.

Program Hours: Friday, Saturday and Sundays.

Contact details:

Office Address: 5 - 7 Yose Street
Ferntree Gully 3156
Phone: 9758 5522
Fax: 9758 5899
Email: sarah.wilson@ioe.org.au
Web: www.ioe.org.au
Office hours: 9.00am - 5.00pm Monday - Friday

Maroondah Carers Support Group

The Maroondah Carers Support Group is for carers of people of all ages and disabilities. The group gives carers the chance to discuss important social, emotional, financial, physical and spiritual needs with other carers. Activities also include guest speakers and social outings.

Eligibility: Carers of people with a disability living in Maroondah.

Program Hours: 12.00pm - 2.00pm, every second Friday of the month.

Contact details:

Office Address: Ringwood Room,
Ringwood Library, 4 Melbourne Street
Ringwood 3134
Phone: 9837 3999 (EACH: Maroondah Social
and Community Health Centre) or
9298 4215 (Maroondah City Council)
Office hours: 9.00am - 5.00pm
Monday - Friday

MS Australia - ACT/NSW/VIC

MS Australia Community Teams provide comprehensive clinical assessments, recommendations and education to support people with MS, their families and carers achieve optimal health and wellness and reduce the impact of symptoms associated with MS. Community Teams are staffed by a range of allied health professionals who specialise in supporting people with MS and other progressive neurological conditions.

Eligibility: People with Multiple Sclerosis and other neurological disorders.

Contact details:

Office Address: The Nerve Centre
54 Railway Parade
Blackburn 3130
Phone: 9845 2700
Free call: 1800 042 138
Fax: 9845 2777
Email: msconnect@ mssociety.com.au
Web: www.msaustralia.org.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Parent Support Network – Eastern Region

Provides support, information and advocacy to parents and carers of children with a disability living in the eastern region.

Eligibility: Parents and carers.

Program Hours: Various.

Contact details:

Office Address: 97 Bedford Road
Ringwood East 3135
Phone: 9259 4312
Fax: 9876 0256
Email: psn-emr@bigpond.net.au
Web: www.psn-emr.com.au
Office hours: 9.30am - 4.30pm
Monday - Friday

Spina Bifida Association of Victoria

The SBFV is an independently funded, dynamic and professional not-for-profit organisation dedicated to helping people with Spina Bifida to lead better lives. We provide information and programs to people with Spina Bifida and their families throughout Victoria.

Eligibility: People with Spina Bifida and their families.

Contact details:

Office Address: 4th Floor, Ross House
247 Flinders Street Melbourne 3000
Phone: 9663 0075
Fax: 9639 0081
Email: info@sbfv.org.au
Web: www.sbfv.org.au
Office hours: 8.30am - 4.30pm
Monday - Friday

Stroke Association of Victoria

A volunteer organisation assisting stroke survivors and their families throughout Victoria. It is a network of people whose lives have been changed by a stroke. These people now give their time supporting stroke survivors and spreading the message of stroke awareness to the community at large. Services include information, community education, support, and provision of seminars and workshops.

Eligibility: For people who have had a stroke and their families.

Contact details:

Phone: 9670 1117 (Metropolitan)

1300 434 233 (Non-Metropolitan)

Fax: (03) 5278 7980

Email: admin@strokeassociation.com.au

Web: www.strokeassociation.com.au

Office hour: 9.30am - 4.00pm

Tuesday - Friday

ATTENDANT CARE AGENCIES

Fee for service Attendant Care Agencies provide trained support staff to assist a person with a disability. Support from these agencies can be paid for privately, with a funding package or brokerage.

APTO Direct

Apto Direct provides expert direct care at home in the community including personal care, respite, domestic assistance and high care. We have a commitment to best practice direct care that includes a strong commitment to supporting people with complex care needs to remain at home and a collaborative approach with clients, carers and families.

- **Respite Care:** Apto Direct provides quality person-centred service for individuals and their carers.
- **Personal Care:** Apto Direct provides experienced staff based in local teams for all personal care needs.
- **Domestic Assistance:** Apto Direct provides high quality, flexible domestic assistance aimed at helping the individual remain in their own home.
- **Focus on High Care:** Apto Direct focuses on the provision of direct care for individuals with high care needs. Our carers specialise in providing support for individuals with dementia, those who need behavioural support and clients with unstable health.

Service group: People with a disability

Program Hours: Variable

Contact details:

Office address: 9-11 Cecil Circuit
Croydon 3136
Phone: 9725 3219
Fax: 9727 0866
Email: mail@apto.com.au
Web: www.apto.com.au
Office hours: 9.00am – 5.00pm
Monday - Friday

Belgrave South Community House - Weekend Extend Program

The Weekend Extend Program is a small community based recreation program for people with disabilities. A small group of participants ensures each person is given the opportunity to extend their skills, experiences and friendships.

There are two meeting points:

- Belgrave South Community House
- Chirside Park Community Centre

Eligibility: People aged 16 plus years.

Program Hours: 10.00am - 4.00pm, either Saturday or Sunday. Some activities may be held in the evening to take advantage of what the community has to offer.

Contact details:

Office Address: Gilmore Court
Belgrave South 3160
Phone: 9754 2274
Fax: 9752 6363
Email: bsch-extend@netspace.net.au
Web: www.bs.ch.org.au
Office hours: 9.00am - 4.00pm
Monday - Friday

Calvary Silver Circle

We can provide care and support services for older people, people with disabilities, family carers, people coping at home after hospital or illness, families with children who have special needs, people injured in accidents or anyone who would like help in the home.

Home Support Services include:

- **Personal/Attendant Care:** helping with showering, dressing and grooming
- **Home Care:** cleaning, cooking, shopping, laundry, making beds, paying bills
- **Respite Care:** support when family carers are unavailable or need a break
- **Companionship:** sharing time at home or accompanying on outings and activities
- **Live-In care:** where full time supports are required.

Service group: People requiring assistance on a fee for service basis

Program Hours: Variable

Contact details:

Office address: East Service Centre
Level 1, 291A Maroondah Hwy
Ringwood 3134
Phone: 9879 3522
Free call: 1300 660 022
Email: care@silvercircle.com.au
Web: www.silvercircle.com.au/victoria
Office hours: 9.00am – 5.00pm
Monday - Friday

CareChoice

With over 25 years of combined experience, CareChoice provides into the home reliable, flexible & professional support services to people with intellectual, physical, psychiatric and / or acquired disabilities.

Short or long term, our services include:

- Personal Care
- Respite Care
- Domestic Assistance
- Community Access / Social Support
- Travel Training
- Shopping / Meal Preparation
- Holiday / program support

All of our carers are police checked, fully screened & appropriately qualified. Approved service provider for government and other care programs, (ISP packages), health care providers, case management & brokerage services, trustee organisations, carer respite services and insurance companies, ie. TAC, Workcover.

Service group: People with a disability

Program Hours: Flexible to suit your needs

Contact details:

Office address: Servicing Melbourne Metropolitan
Phone: 1300 737 942
Fax: 1300 737 943
Email: enquiries@carechoice.net.au
Web: www.carechoice.net.au
Office hours: 9.00am – 5.30pm
Monday - Friday

DASSI

DASSI assists people of all ages and from all backgrounds and cultures to lead independent lives in their homes, workplaces and communities. This may include personal care, home care, post hospital care, respite and specialist care. DASSI cares for people of all ages who require assistance in their day to day lives.

Among services offered are:

- **Personal Care:** bathing, personal hygiene, eating, dressing and grooming
- **Home Care:** light house cleaning, personal laundry, stocking pantries and bed making
- **Respite Care:** assistance to carers to have a 'well earned break' through the provision of substitute care in the home
- **Light meal preparation**
- **Support and Information:** assistance with understanding and managing situations
- **Transport:** providing or co-ordinating access to community facilities and services
- **Complex Specialist Care:** managing gastrostomy (PEG) feeds, respiratory support, ventilator and tracheostomy care, bladder care and skin care.
- **Services:** can be provided from two hours a day to 'round the clock' (ie. 24 hours care).

Service group: Open to all who need attendant care

Program Hours: Established by the individual

Contact details:

Office address: 582 Heidelberg Road
Fairfield 3078
Phone: 9488 9100
Free call: 1300 032 774
Fax: 9482 3820
Email: contact@dassi.com.au
Web: www.dassi.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Flexi Support

We provide assistance with all daily living tasks including participation in community and recreational activities. Our services are 24/7 with short term and long term shift variations available to cater for clients' different situational needs. We welcome all type of shift variations including emergency and one-off fill-in shifts.

Services include:

- Personal Care
- Home Care
- Respite Care
- Individualised High Care:
- 24 hour service
- Sleepover or active night shift

Service group: people with a disability

Program hours: Variable

Contact details:

Office address: 946-952 Ferntree Gully Road
Wheelers Hill 3150
Phone: 9561 5963
Fax: 9561 7079
After hours phone: 0432 010 790
Email: info@flexi-support.com.au
Web: www.flexi-support.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Fun Fun Dance Classes

Weekly dance classes for people with all abilities Come and learn all the popular dance routines including Time Warp, Achy Breaky, Nutbush, Chicken Dance, YMCA, Bust Stop, Rock 'in' Roll moves, and Line Dances. Bookings essential.

Eligibility: People aged 18 years plus.

Program Hours: 10.00am - 11.30am,
Wednesday mornings (during school term)

Cost: \$6.00pp (Carers and Support Staff free)

Contact details:

Office Address: Bayswater Youth Centre
Corner Pine Rd and Station St
Bayswater 3153
Phone: 0413 812 988 (Kathy)
0419 552 694 or 9762 3868 (Gordon)
Email: djflash@ozemail.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Interchange Outer East (IOE) – Flexible Care Program

The Flexible Care program is a full cost recovery program that tailors support to meet individual's needs. Support is provided on a one on one basis and is delivered in a variety of settings. The Flexible Care coordinator works with the individual and their personal supports - family, friends, other support staff to determine what type of support is required and the type of support staff that would be suitable. The coordinator will assist the individual to design the support package to suit their needs.

Flexible Care is not limited to but can include personal care, transport, sleepover support and support coordination. Costs involved are continuously tracked and individuals have access to expenditure reports and tracking details.

The Flexible Care program aims to assist people to achieve the life they want.

Service group: People living in the Eastern suburbs of Melbourne.

Program Hours: Flexible.

Contact details:

Office address: 5 – 7 Yose Street
Ferntree Gully 3156
Phone: 9758 5522
Fax: 9758 5899
Email: lauren.maddison@ioe.org.au
Web: www.ioe.org.au
Office hours: 9.00am – 5.00pm
Monday – Friday

KinCare

KinCare provides a variety of types of care and support. Some of KinCare's services are provided on a fee-for-service basis, others are subsidised by a variety of government programs. KinCare can help you stay comfortable and independent in your own home.

Support can include:

- Domestic assistance.
- Personal care.
- Respite.
- Nursing care.
- Social support transport.

Service group: People with a disability

Program Hours: Variable

Contact details:

Office address: Unit 3D 88 Ricketts Rd
Mount Waverley 3149
Phone: 03 9542 0902
Free call: 1300 733 510
Fax: 1300 733 520
Email: mail@kincare.com.au
Web: www.kincare.com.au
Office hours: 9.00am – 5.00pm
Monday - Friday

Nextt Health

Nextt Health is committed to people in your community who require care and professional support to retain their independence at home.

- Personal Care
- Home Care:
- Respite Care:
- Overnight Care
- 24 hour Live-In Care

Service group: People with a disability

Program Hours: Variable

Contact details:

Office address: Level 5,534 Church Street
East Richmond 3122
Phone: 9829 9100
Fax: 9829 9112
Web: www.nextthealth.com.au
Email: enquiries@nextt.com.au
Office hours: 9.00am – 5.00pm
Monday - Friday

Southern Cross Care (VIC)

Services to older frail people and younger people with a disability.

Support includes:

- **Home Care:** house cleaning, laundry
- **Personal Care:** assistance with showering, dressing and escorting to and from appointments, meal preparation and shopping
- **Respite Care:** allowing family carers to have a break
- **Overnight Care**

Service Group: People with a disability

Program Hours: Variable

Contact details:

Office address: Eastern Region
Suite 5, 96 Manchester Road
Mooroolbark 3138
Phone: 9722 4650
Fax: 9727 3278
Email: hceast@southern-cross.org.au
Web: www.southern-cross.org.au
Office hours: 9.00am – 5.00pm
Monday - Friday

Interchange Outer East (IOE) – Specialised Care

Out of Home Family Based respite where a caring family receive a reimbursement for out of pocket expenses while providing the care. Service can be purchased using brokerage dollars at \$237.60 per 24 hours. Service provided in multiples of 24 hours only (not less than 24 hours). In some circumstances care can be provided in the home of the person with a disability. At least 2 weeks notice is required to set up and a Service Agreement must be provided by the purchasing agency.

Service group: People living in any area.

Program Hours: Flexible.

Contact details:

Phone: 9758 5522

Fax: 9758 5899

Email: colleen.mccormack@ioe.org.au

Web: www.ioe.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Care Connect – Rosebud Retreat

The new stylish home away from home has been provided as a relaxing alternative for ageing carers to take a break from the day-to-day demands of caring for a loved one with either a physical/intellectual disability or a mental illness. Rosebud Retreat is a fully furnished self catering house with 3 bedrooms. Bedding and linen is provided at no extra cost. Guests will need to arrange to bring or hire any daily living equipment or aids they will need. The retreat is best suited to guests who are ambulant. The home is approximately 600m from the beach front, and is within walking distance to Rosebud Plaza.

Service group: Priority is given to ageing carers of someone with a disability or mental illness, but other enquiries are also welcome.

Program Hours: Bookings available throughout the year. There is a 2 night minimum stay. Check in after 2.00pm and check out before 11.00am.

Contact details:

Office address: All enquiries are managed via our Footscray office

Phone: 9362 8000

Email: rosebudretreat@careconnect.org.au

Web: www.careconnect.org.au

Office hours: 9.00am - 5.00pm

Monday - Friday

Villa Maria Beach Houses

Villa Maria Community Services is offering the chance for frail older people and people with a disability, their carers or families, to have a holiday together in one of three wheelchair accessible, self contained houses on the Mornington Peninsula. The Beach House and Nepean House are in Rosebud, and Conamara is in Rye. Although the houses are not purpose built, all houses are fully furnished and have the following access:

- **The Beach House** sleeps up to seven people in four bedrooms. It has two bathrooms (one wheelchair accessible), garden area, beach frontage and close proximity to shops, cafe's and cinemas.
- **Nepean House** sleeps up to seven people in three bedrooms. It has one bathroom (wheelchair accessible), access to beach and close proximity to shops, hotels and cinemas.
- **Conomara** is situated in a residential area and sleeps up to 16 people in five bedrooms. It has three bathrooms (two are wheelchair accessible), billiard and table tennis tables, dishwasher, and fenced garden area.

Who can use the houses

Houses are primarily available for the families and carers of people with a disability, frail older people and people who have mental illness, or the people themselves. The houses are also available for groups supporting people with a disability and frail older people.

The cost:

- Beach House is available for 130 per night.
- Nepean House is available for \$130 per night.
- Conomara is available for \$150 per night.
- Please note increased charges apply during summer school holiday period.

Contact details:

Office Address: 535-537 High Street Road,
Mt Waverley 3149
Phone: 9809 6823
Fax: 9803 0800
Email: respite.services@villamaria.com.au
Web: www.villamaria.com.au
Office hours: 9.00am - 5.00pm
Monday - Friday

Yarra Curative Homes

Respite and or short term support in a peaceful relaxing setting, or caring support in your own home can be provided for a relative, friend or yourself.

Service group: Interested persons to include people of different ages, with varying needs or disabilities as well as carers' needs.

Program Hours: Variable

Contact details:

Office address: 50 Tarrango Road
Yarra Junction 3797
Phone: 5967 1707
Fax: 5966 7339
Office hours: 9.00am – 5.00pm
Monday – Friday

SERVICES INDEX

	Page
Able Australia -	
Able Respite Care	23
Holiday Program	22
Agapi	13
Alkira -	
Facility Based Respite	11
Recreation Service	36
Ambleside Tours	20
Anglicare - Family Respite Solutions	7
Annecto - Emergency After Hours Response Service (EARS)	4
Apto Direct	55
Association for Children with a Disability	49
Autism Victoria	49
Basketball Victoria - Basketball for All	43
Belgrave South Community House - Weekend Extend Program	55
Boroondara Young Strokees Support Group	29
Brainlink Services - EMR Flexible Respite Fund for Families	17
Bulleen and Templestowe Community House - Afternoon Social Program	32
Calvary Silver Circle	55
Care Choice	56
Carers Victoria	49
Carers Victoria Young Carers	50
Care Connect - Rosebud Retreat	59
Cerebral Palsy Support Network - Access All Abilities Teenage Social Program	50
City of Boroondara - Health, Ageing and Disability Services - Respite Care	24
City of Monash - Community Care Services	24
Club Wild	43
Craig Family Centre -	
A-Crew	36
Ace Space	36
DASSI	56
Deaf Children Australia	50
Department of Human Services -	
Adult Respite Service	11
Children's Respite Service	9
Intake and Response	3

	Page
Doncaster and District Youth Club - Doncaster All Abilities Basketball	43
Down Syndrome 15+ Support Group	51
Down Syndrome Victoria	51
Eastern Access Community Health (EACH) - Abound	36
Repite for Carers	18
Eastern Diners Club	37
Eastern Recreation and Leisure Services (ERLS)	37
Extended Families Australia	7
Flexi Support	57
Flying High Tours	20
Fun Fun Dance Classes	57
Hawthorn Aquatic and Leisure Centre - Crazy Daze and Awesome Adventures	29
Regenerate Program	38
Huntington's Victoria	51
Impact Support Services - Impact Leisure Services	17
Inclusion Support Agency - East Middle Melbourne	27
Inclusion Support Agency - East Outer Melbourne	28
Independence Australia - Polio Network Victoria	52
Vada Creative Arts Group	38
Interact Australia - Recreation Unlimited	20
Interchange Inner East - Flexible Family Support Program	16
Host Program	7
Recreation Program	29 / 43
Interchange Outer East (IOE) - 10 to 13 Recreation	32
Adult Recreation	39
After Work Social Club	38
Children's Recreation	33
Family Support	52
Flexible Care Program	57
Funk It Up Friday	33
Host Program	8
Reaching Out	44
School Holiday Program	29
Sibling Support Program	33
Specialised Care	59
Youth Group Program	34

	Page
Jan's Special Needs Travel	21
Jewish Care Victoria - Recreation	44
Respite House	9
KinCare	58
Knox City Council - Home and Community Care	25
Knox Community Arts Centre - All Abilities Dance and Drama Classes	39
Knox Leisureworks - Nubuddy Program	44
Leisure Options	21
Manningham Activities for Special Kids (MASK)	30
Manningham City Council - Respite Care	25
Manningham YMCA - Leisure Access Program (LAP)	45
Leisure Access Program (SHLAP)	22
Maroondah Carers Support Group	53
Maroondah City Council - Respite	25
Mobile Overnight Support Service (MOSS)	23
Montrose Football Club	45
MS Australia ACT/NSW/VIC Short Term Flexible Respite Program	11 17
Nextt Health	58
Nunawading Aqualink - All Fit	40
Oakleigh Centre - Oakleigh Centre Residential	12
Rec-Line	40
Ozmates Travel	21
Parent Support Network	53
Penumbra Centre	20
People Outdoors	31
Platypus Tours	21
Ringwood Spiders Football Club	45
Sailability Victoria	46
Scope - Knox Respite	13
Montclair Family Support	9
Recharge	40
Winbourne Road	14

	Page
Southern Cross Care	58
Spina Bifida Association of Victoria	53
Statewide Autistic Services - Swonnel House	10
Stroke Association of Victoria	54
TRY Activities Centre - Shake Your Bon Bon	41
Turntable Disco	41
TwYlight Disco	46
Uniting Care Community Options - Commonwealth Respite and Carelink Centre	15
Villa Maria -	
Adult Social	41
After School and Vacation Care Program	31
Beach Houses	59
Bridging the Gap	46
Flexible Respite Program	35
Outside School Hours Care (OSHC) Program	28
Overnight Respite	10
Summer Holiday Program	22
Vision Australia	
Independent Living Services (Boronia)	42
Independent Living Services (Kooyong)	42
Very Special Kids	10
Wesley Disability Community - Kids Under Kanvas	35
Wheelchair Sports Victoria	47
Whitehorse City Council - Aged and Disability Services	26
Yarra Curative Homes	60
Yarra Ranges Council - Home and Community Support	26
Yooralla -	
Breakaway Flexible Respite Program	16
Family Based Respite	8
In-Home Respite	23
Pendle Street	14
Recreation	48
Respite Information and Development in the East (RIDE)	5
Respite Service Coordination	18
Support for Older Carers Program (SOC)	19
Ventilator Accommodation Support Service	12

