

## Do you provide assistance and care for a person living with mental illness?

If you are a family member, friend or neighbour who provides regular or sustained care and assistance to a person living with mental illness, you may be able to access the MIFSA Respite Program as a 'Carer'.

The MIFSA Respite Program is a partnership between you – the Carer, the person you care for – the Care Recipient, and MIFSA.

The Program offers a range of tailored support options which are developed in collaboration with you and the Care Recipient. This approach aims to make respite a positive experience for all Participants involved in the Respite Program and follows our respectful and compassionate approach toward promoting growth, recovery and wellness.

*"I feel a sense of confidence and achievement."* Care Recipient

*"I was so impressed by the Service. I loved it, he loved it."* Carer

*"I feel better about going to school now that I know Mum is getting some real help."* Young Carer age 11



If you would like to know more about the eligibility and referral requirements of the Program or for further information please contact:

#### MIFSA Respite Program:

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Marleston SA 5033

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Wayville SA 5034

[www.mifsa.org](http://www.mifsa.org)

# Respite Program



Supporting families and friends caring for people living with mental illness

sharing the journey

# About the Program

The MIFSA Respite Program aims to provide Carers with a short term break from their caring responsibilities by offering appropriate, effective and flexible respite services.

The Program offers a variety of support options for Carers and Care Recipients, including:

## 1 to 1 Respite with trained Respite Workers

## Telephone Support

## Emergency Respite

## Retreats

## Getaway Camps

## Short Breaks

The Program works together with Carers and Care Recipients to develop a Respite Plan. This Plan is tailored to meet varying and diverse needs and interests following an assessment of all Participants. The Respite Plan is reviewed regularly to ensure it continues to meet the changing needs of Carers and the person they care for.

*"We could relax and enjoy our holiday." Carer*

*"My relationship with my parents has improved; I'm involved in the community and I'm starting work again." Care Recipient*

The MIFSA Respite Program is dedicated to supporting Carers to maintain their caring roles.

# Aims

The MIFSA Respite Program aims to provide support and information to all Participants:

## Support for Carers may include:

Having a short break from their caring role

Having time and space to focus on other commitments

Attending to personal needs and aspirations

Visiting friends, enjoying recreational activities or going on holiday

Emotional support during periods of crisis

## Support for Care Recipients may include:

Developing new connections with other services and community networks

Further developing self confidence, independence and building resilience at their own pace

Assistance with daily living skills, such as shopping and attending health appointments

Opportunities to participate in new social experiences and form new relationships

Emotional support during periods of crisis

## Information for Carers and Care Recipients:

Providing accurate and up-to-date information, increasing a Carers' ability to make informed decisions about their caring role

Building relationships of trust and respect by sharing knowledge and experience

Offering appropriate resources and connections within MIFSA and related service providers

# Partnerships

The MIFSA Respite Program is funded by the Australian Government under the Mental Health Respite Program (MHRP). The MHRP demonstrates the Australian Government's recognition and support for Carers who provide a valuable role and make a considerable contribution to families and communities across Australia.

The MIFSA Respite Program provides services in partnership with the following Commonwealth Respite and Carelink Centres:

1. North and West Metropolitan Adelaide operated by UnitingCare Wesley Bowden Inc.
2. South and East Metropolitan Adelaide operated by Carer Support.

Program Participants will reside in either the North West Adelaide or South East Adelaide Home and Community Care metropolitan regions.

*"I could work without worrying ... I knew my daughter was safe and enjoying herself." Carer*