



Senior Group Respite Activity

A little time for Carers. A great day for Seniors.

Caring is a journey that is better shared. This February, Carers Victoria is launching a new **Group Respite Pilot Program** in Werribee with Comfort Care and Community Services, designed to give you a meaningful break while your loved one enjoys a vibrant day out.



When: Fortnightly on Wednesdays



Time: 10 am – 2 pm



Where: Werribee (transport & light meals included)



Cost: \$12 per day

Why join our group?

- **For Carers:** Enjoy a four-hour window to rest, run errands, or catch up with friends, knowing your loved one is in safe hands.
- **For Participants:** A chance to make new friends, join in on fun activities, and explore the community through occasional outings.
- **For the Myanmar Community:** A dedicated group to help older refugees reconnect with their rich culture, traditions, and language.

Is this program for you?

We are welcoming carers who support a person aged **65 or older** living in: Altona Meadows, Cocoroc, Hoppers Crossing, Laverton, Mambourin, Manor Lakes, Point Cook, Seabrook, Tarneit, Truganina, Werribee, or Wyndham Vale.

Our groups:

- **General Community Group:** Welcoming everyone for social connection.
- **Myanmar Community Group:** A culturally specific space for tradition and sharing.

Cost: To keep this support accessible, the cost is just **\$12 per day** (\$3 per hour). (Small additional costs may apply for special excursions).

Let's get started

To join a group or make a referral:

- **Myanmar Community Group:**

Call Comfort Care and Community Services at **Ph (03) 8714 4544**

- **General Community Group:**

Call My Aged Care at **Ph 1800 200 422**

Have questions?

We're here to help.

Contact **Carers Victoria:** ☎ **1800 514 845**



--Organisation Partnership--

Our Funding Partners

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