



**HOPE
HEALTHCARE**

media release

For immediate use

Giving a short break for carers

1-2 nights respite for carers of frail aged people and people with dementia

Hope Healthcare is pleased to announce the commencement of a new service for those in Northern Sydney providing a safe secure home-like environment for one to two nights for people with dementia and for frail aged people, and thereby an important respite break for their carers.

Carers can have a demanding full time role assisting with the tasks of daily living, and can spend their days feeding, bathing, dressing, toileting, transferring or administering medications. They also may have to provide emotional support, day in and day out.

Based in Woonona Cottage, a six-bedroom home in Woonona Avenue South, Wahroonga, the service is open to provide that short break for carers across Northern Sydney.

Within the home-like environment of Woonona Cottage, guests have the opportunity to participate in activities such as card and board games and reminiscence, as well as go on outings, take part in gardening, arts and crafts, short walks and go to movies and music.

Hope Healthcare is working in partnership with the Northern Sydney Commonwealth Carer Respite Centre for coordinating bookings into Woonona Cottage. Bookings may be made by telephoning 1800 059 059. However enquirers are welcome to speak with the House Manager at Woonona Cottage direct, on 9488 2288.

The operation of Woonona Cottage is being funded by the Department of Health and Ageing as part of the National Respite for Carers Program.

Sydney 16 August 2006

*For more information ☎ Robert Britton on mobile 0418 260 476, 9903 8133 or e-mail
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