



**HOPE  
HEALTHCARE**

# media release

*For immediate use*

## **Carer overnight respite service one year old Offering up to 3 days & 2 nights respite break for carers of frail aged people and people with dementia**

In early September the Woonona Cottage overnight respite service celebrated its first year of service to carers needing a short respite break.

Caring for someone with dementia or someone who is older and frail can be demanding both mentally and physically and this can take a toll on a carer's wellbeing. A short respite break can mean carers can have some time off, perhaps to participate in a hobby or activity they enjoy, and come back to providing care, much refreshed.

The a six-bedroom Woonona Cottage provides a safe secure home-like environment for up to two nights for people with dementia and for frail aged people and has been operating since late August 2006.

Guest activities include card and board games and reminiscence, outings, gardening, arts and crafts, short walks, movies and music.

This service is for carers across northern Sydney, from Sydney Harbour to the Hawkesbury River. Fees charged are under \$30 a night and these are waived if this is beyond the means of the carer.

Bookings are made by telephoning Northern Sydney Commonwealth Carer Respite Centre on 1800 059 059. Enquirers may speak with the House Manager at Woonona Cottage direct, on 9488 2288.

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

*Sydney 12 September 2007*

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