



**HOPE
HEALTHCARE**

media release

For immediate use

100 Years of Hope
a Century of Care

Responding to carers' needs

Woonona Overnight Respite Cottage in Wahroonga now offers up to four nights respite

Carers living across northern Sydney from the Harbour to the Hawkesbury are now able to take up to a five-day/four night break from their demanding full-time role of caring for the frail aged or people with dementia.

“In response to the needs of these carers, we can now offer up to four consecutive nights of respite so that the carer can gain the maximum benefit with a break from their caring roles,” said Lana Belleville, Manager, Dementia & Aged Care Services, Hope Healthcare.

“Woonona Cottage conducted a survey of carers and found that there was a need to provide increased care for up to four consecutive nights. The Cottage is now open from 1.00pm Wednesdays until 4.30pm Sunday.”

“Whilst the carer is having a break and revitalising, they can rest assured that the attentive staff at Woonona Cottage are providing care in a safe secure home like environment for their loved one.”

Guests at Woonona Cottage have the opportunity to participate in activities such as card and board games and reminiscence, as well as going on outings, taking part in gardening in an old established garden, arts and crafts, short walks including to local shops and outings in the cottage vehicle.

Enquiries or bookings or may be made by telephoning the Cottage directly, on 9488 2288. A nominal nightly fee of \$30 is requested (but is negotiable).

Sydney 30 July 2008

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