

REBALANCE

Carer's Wellbeing and Respite Program

WHAT IS REBALANCE?

Extended Families' Carer's Rebalance Wellbeing and Respite program is designed to support the needs of carers in Victoria.

If you are a carer for a young person with a disability, you can apply to access Extended Families Carer's Rebalance funding to meet specific health and wellbeing needs you can't currently access.

These services are designed to be flexible and can be anything you identify a need for that meets health, respite, work, education, or wellbeing needs. **Examples might include:**

HEALTH	RESPITE	WORK	EDUCATION	WELLBEING
Psychology or Counselling Services	Funding for respite accommodation so you can get away	Support to find or keep a job	Support to fund a course	Funding for a weekend getaway
Specialist Medical Services	Funding for support workers	Support for training and courses required for work	Funding for training or courses	Support to access leisure activities
Dietician or Allied Health Services	Funding to access community respite services	Funding for career counselling or employment support	Funding for student materials	Access to Yoga or Pilates classes

HOW DOES IT WORK?

- You identify what you need support with and complete a Rebalance Request form; <https://www.jotform.com/222008115851850>.
- Rebalance will assess the suitability for the program and contact you to discuss your needs.
- If your request is approved, we will support you to access the support you need at no cost to you. Please keep in mind, there is a maximum amount of \$1200 available per carer, and not every carer will have access to the maximum available.

WHO CAN USE THIS SERVICE?

- Anyone who provides informal care to a young person (18 years and under) with a disability or specialized needs. This might include parents, siblings or grandparents, among others and
- They are experiencing stress, burnout, or financial struggles that are preventing them getting their needs met in areas of health, respite, work, education or personal wellbeing.

DO YOU NEED MORE INFORMATION?

- Contact the Rebalance Program Coordinator, Keely Hay at keely.hay@extendedfamilies.org.au or call on 0452 236 850
- Submit a Request Form here <https://www.jotform.com/222008115851850>