

**You are welcome to visit
our Friendship Centres at:**

Lakeview, Kingaroy

Monday - Friday
8.30am - 4.30pm
Cnr Kingaroy & Avoca Streets
Kingaroy

Gateway, Nanango

Tuesday, Thursday, Friday
8.30am - 3.30pm
Brisbane St, Nanango
(in the Hospital building)

Timbertowns, Blackbutt

Monday & Wednesday
8.30am - 2.30pm
288 Bowman Road,
Blackbutt

Funds are granted from Australian and State Governments through:

- the Home and Community Care Programme (HACC)
- the National Respite for Carers Programme (NRCP)
and from the
- South Burnett Regional Council

Home Maintenance

We want you to stay in your own home, but sometimes that means that you need a bit of "manpower" to handle the routine maintenance associated with a house.

Our staff offer a range of services aimed at helping to maintain your home. We do not do jobs of professionals such as plumbers and electricians, but we mow, clear rubbish, clean windows, chop wood, change light bulbs and tap washers.



It may also mean that we can install rails in your shower or toilet, or even on the steps to make sure that you are safe. We can advise on the installation of ramps to make access to your home easier.



SBCare
sharing the caring

Cnr Kingaroy and Avoca Streets
Kingaroy Qld 4610
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Email: info@sbcare.org.au



SBCare
sharing the caring

**SUPPORT
FOR CARERS
IN THE KINGARROY
NANANGO AND
BLACKBUTT
DISTRICTS**

*If you care for a family member
or a friend who is elderly,
frail or has a disability*

WE CAN HELP!

To the carer:

We know that if you care for someone, it can become very demanding, both physically and emotionally. Carers sometimes also become lonely and distressed.

Our service is designed to assist and support carers by "sharing the care". This is important when you need a break, so we encourage you to seek assistance before a crisis situation develops.

Be assured that we will take good care of the one you love. We aim to get to know them so that we can meet their needs.



While we care for the one you usually care for, you can feel comfortable catching up on the things that you need to do, knowing that he/she is safe and supported.

Our aims are:

- to help carers to care longer
- to help people to stay at home longer
- to maintain independence within the community
- to give people quality of life



We can assist carers by providing:

- Centre based day care in a Friendship Centre
- In home respite
- help with shopping, bill paying, banking, appointments
- attendance at concerts, functions
- information and moral support
- referral to appropriate services

Who is eligible:

Carers who may be eligible are a relative or friend of the person for whom they provide home-based care.

Carers who care for aged people and who work are given special consideration under a NRCP initiative.

Carers may care for

- a frail aged person
- a person with dementia
- a person with a physical, intellectual or mental disability, or
- a person who is terminally or chronically ill

We aim to include people who:

- cannot read or write
- are of non-English speaking background
- have dementia
- are rurally isolated
- are financially disadvantaged
- are of Aboriginal and Torres Strait Islander descent.

Friendship Centres

We provide:

- friendship, fun and support
- a warm and caring atmosphere
- activities that people are interested in such as cards, crafts, board games
- entertainment and outings
- good food



Transport:

The use of a bus with a hoist and wheelchair facilities is provided at no cost.



In Home Respite:

We care for the person in the home while the carer has "time off". The carer can have a sleep, go shopping, attend meetings, play sport, garden, etc.

The aim is to give the carer support which allows "time off", knowing that the one they care for is safe and happy.

Community Access:

We provide support for the person who needs care to access normal community activities such as sporting or social events, shopping, hair appointments, lunch, concerts etc.

The aim is to provide the carer with support as well as to maintain a good quality of life for the one who needs care.