

Meals on Wheels provides:

- Social Support Groups.
- Meals on Wheels, pick up or home delivery.
- Shopping Bus.
- Social Group in Bega every Monday.
- Social Groups in Candelo and Bemboka every Wednesday.
- Flexible Respite Care.
- Two Saints Café in Bega, meals every Friday.
- Veteran's Community Support Service.

More than just a meal

To access Meals on Wheels, Social Support Services, Flexible Respite or become a volunteer, please contact our Social Support and Flexible Respite Co-ordinator.

101-103 Bega Street

PO Box 860

BEGA NSW 2550

Telephone: (02) 6494 7456

Fax: (02) 6492 4274

Email:

socialsupportcoordinator@bvmowplus.org.au

Website: www.bvmowplus.org.au



Meals on Wheels
New South Wales
Bega

Flexible Respite

Quality time for people in care and a break for their carers

More than just a meal



Accredited against the Commonwealth Home Care Standards
Registered NDIS Provider Number: 4500 4173



Do you care for someone and need support and a break? Meals on Wheels provides flexible respite, a break from the responsibility of looking after someone. Flexible Respite is provided by our volunteers who have received training and have undergone Criminal Record Checks.

Who is a carer?

A carer is anyone who gives unpaid, ongoing support to a person who is frail, aged or has a disability. The person may not even live with them.

How does Flexible Respite work?

You, a family member, or a service provider can call us on 6494 7456 and ask about our Flexible Respite services. Alternatively, if you are over 65 you can call My Aged Care on 1800 200 422.

We will discuss your respite needs and then will visit your home for an assessment and to develop a service plan.

If the respite we offer is unable to meet your needs, or if your needs increase, we can refer you to another service.

The support provided by Bega Valley Meals on Wheels is for care recipients with low to moderate needs.

What sort of respite can I have?

In your home

A volunteer can come to your home and have a cuppa and a chat, watch the football on TV or whatever other activities that the person you care for enjoys.

You do not even have to leave your home for this respite if you have something you need to do such as gardening, paperwork, or catching up on some sleep.

Away from home

A volunteer can take the person you care for on an outing such as a drive, a cup of coffee, to a gallery or the movies or maybe to visit a friend. There are social groups that the person can attend as well.

What do I do in an emergency or if my needs increase?

If you need emergency respite, for example if you have to go to hospital, please call the Commonwealth Carelink and Respite Centre on 1800 052 222.

Department of Veteran's Affairs can also assist with Flexible Respite for veterans. For information call The Veterans Community Support Service on (02) 6492 0972.

Is there a cost?

Yes, people who use Meals on Wheels and Social Support services are required to contribute to the costs of their service. Social Support and Flexible Respite Co-ordinator is happy to discuss this with you.

If you are over 65 please call My Aged Care on 1800 200 422

