



DAY RESPITE CENTRE

Providing Emotional and Social Support for Guests & Carers

Information Sheet for Healthcare Professionals

Living Well Day Respite is a part of The Hopewell Centre and is totally **free of any charge**. The Hopewell Centre is a not for profit community based charity. Living Well Respite Centre is located at **11 Dunkirk Close in Arundel**.

- **Living Well Day Respite** is **free** for guests aged over 65, living at home with a life limiting or advanced chronic illness, requiring support from a carer. Carers don't need to be registered to attend our free service. Respite bookings are made directly with our respite manager, Julie Howe.
- Our day respite is held each **Wednesday** between **9 am** and **4 pm** giving guests and carers up to seven hours of care and pampering, in a relaxed, friendly home-style environment. Our facility caters for up to 15 guests and carers each week.
- **The Living Well Respite Centre** is run by highly skilled compassionate staff providing holistic and professional nursing care. Carers are welcome to stay and participate or leave their loved one to be nurtured by us. Morning tea and lunch are included at no cost.
- We feature a range of activities and therapies for clients to participate in or alternatively they can quietly relax in comfortable surrounds. Activities include reiki * massage * games * counselling and on occasion, outings.
- Clients must bring all medications in a Webster Pack.



The Hopewell Centre
ABN 38 890 040 788
Registered Charity 1194

Kindly Supported By
Commonwealth Respite and Carelink Centre

Places are Limited ♥ Bookings are Essential.
Please call Julie on 0422 191 146 or email
jhowe@hopewell.org.au for enquiries and
bookings, weekdays between 9 am and 5 pm.