



EAST LAKE MACQUARIE  
DEMENTIA SERVICE  
providing quality centre-based care

EAST LAKE MACQUARIE DEMENTIA SERVICE INC.  
Within the grounds, Belmont Hospital  
PO Box 397, Belmont NSW 2280  
P 02 4923 2820 F 02 4947 0242  
E admin@elmds.org.au W www.elmds.org.au  
ABN 85 895 726 854

**Submission No. 099**

*msd* (Dementia)

Date: 13/08/2012

31 May 2012

The East Lake Macquarie Dementia Service Inc. (ELMDS) is a community based not for profit organization funded under the Home and Community Care Program (HACC) and the National Respite for Carers Program (NRCP). ELMDS provides centre based day respite for dementia clients and supports their carers on a six days per week.

It is quite apparent from carer surveys and other sources that is a demand for both overnight and weekend respite in the Lake Macquarie area now and in the future.

A significant number of our clients and their carers benefit from either a Community Aged Care Package (CACP), Extended at Home Package (EACH) or Extended at Home Dementia Package (EACHD). While in addition they are able to access residential respite services for periods usually of two weeks or more duration it is nearly impossible for them to obtain overnight, weekend or emergency overnight respite.

While a significant number of packages continue to be made available by the Australian Government in the Lake Macquarie area, no funding is being offered for short term overnight respite.

The following comment from Ewa Korczynski, the Service Director of the Commonwealth Respite and Carelink Centre, (attached) acknowledges the dilemma being faced daily by carers accessing short term respite in this area.

***“Except for Kiara Cottage(Lakelands) there is nothing else in Lake Macquarie. There is some availability in Newcastle in NovaCare cottage. There is nothing for challenging behavior (not violent, but active at night ‘busy’ person). There is a great need in Lake Macquarie for this type of respite.”***



EAST LAKE MACQUARIE  
DEMENTIA SERVICE  
*providing quality centre-based care*

Short term respite is essential to enable carers to take a break and relieve stress. Clients are often up and wandering around the home for long periods during the night. The carer **often just needs one or two night** to re energize to allow them to continue the caring role. They must be in the best physical and mental state to assist the person with dementia.

For the person with dementia to remain **independent as long possible and remain in the home longer**, the carer needs to be as “stress free” as possible and this could be achieved by short term respite.

**Attachments:**

- Ewa Koczynski Service Director of the Commonwealth Respite & Carelink Centres
- June Morris Manager Newcastle and Lake Macquarie Dementia Advisory Service.

Glynis Butler  
Manager

**Newcastle & Lake Macquarie  
Dementia Advisory Service**

1<sup>st</sup> Floor, West Wing, Rankin Park Unit,  
Lookout Road, NEW LAMBTON HEIGHTS 2305  
(Postal: Locked Bag No. 1, HUNTER REGION MAIL CENTRE 2310)  
Telephone (02) 49855715  
Facsimile (02) 49855702

12<sup>th</sup> August 2011

Dear Sir/Madam

Please accept our support of the submission the East Lake Macquarie Dementia Service is providing to improve access to emergency & short term respite in the Lake Macquarie/Hunter region.

The proposal is in line with section 9 (page 43) of the NSW Dementia Services Framework 2010-2015, where "more flexible respite services may better meet the needs of people with a dementia and their carers".

I encourage the consideration of being able to offer to those consumers already accessing the centre the increased security and familiarity of staying overnight or in an emergency at a venue already familiar to them. Or that those people not having accessed the centre prior to an overnight or emergency stay would be more inclined to utilise regular day centre respite after having used the centre at a time of great stress.

The East Lake Macquarie Dementia Service has over the years provided best practice around day centre activity. The staff is well trained and committed as is their management in the provision of person centred care. The principles of person centred dementia care would be furthered by the ability of the centre to offer flexible respite options.

I have no hesitation in providing support towards a long required solution of providing flexible dementia specific respite care to the community of the Lake Macquarie/Hunter region

Yours Sincerely

June Morris



## COMMONWEALTH RESPITE AND CARELINK CENTRE

Po Box 385, Wallsend 2287

Freecall: 1800 052 222

Fax: (02) 4924 6098

Email: [HunterCRC@hnehealth.nsw.gov.au](mailto:HunterCRC@hnehealth.nsw.gov.au)

10<sup>th</sup> October 2011

To whom it may concern

The role of the Commonwealth Respite and Carelink Centre (CRCC) – Hunter is to arrange short-term and emergency respite for Carers. In this role, we have frequent requests to provide overnight, short-term respite in the Lake Macquarie region.

The demand for cottage-style respite is high – particularly for people with Dementia, however there is almost no opportunity to book respite with Chiarra Cottage (in Lake Macquarie) and only one other option in Newcastle where it is equally difficult to secure a booking. This style of respite accommodation is continually reserved well in advance and can therefore not accommodate emergency requests.

It would be a great benefit to our Carers to be able to book respite through the East Lake Macquarie Dementia Service which has a secure, dementia-specific building designed for this purpose.

Should you require any further information, I would be happy to be contacted on 4924 6099, Monday – Friday.

Yours sincerely

Ewa Korczynski  
Service Director  
Community Options Unit (encompassing CRCC – Hunter and the Newcastle Case Management Service)



Health

Hunter New England  
Local Health District