

# COMMONWEALTH RESPITE AND CARELINK CENTRE

Are you looking after a  
family member or  
friend?

Do you need a break?



You can call us on:

Freecall

<sup>TM</sup> 1800 052 222

An Australian Government Initiative

**Our centre can help you  
with:**

## **SHORT BREAKS**

The Carer Respite Centre can assist carers to take a short break or plan longer breaks.

## **EMERGENCY SUPPORT**

If you become ill or are hospitalised we can assist by providing someone to do the things you normally do for your family member or friend.

**Freecall**

**™ 1800 052 222**

Level 1, Unit 11C, 75 Cygnet Ave  
Shellharbour City Centre 2529

Fax: 4297 8179 TIS: 131 450

Email:

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