

...and that's why we provide respite

It's not just about delivering support, but delivering support that meets your needs.

SINCE 1992, On Track has developed a range of support programs which have assisted people to achieve their personal goals.

On Track is committed to working with families, carers, GPs and other service providers to meet the needs of each person. Our aim is to increase the opportunity for each person to participate more widely within their community.

We have more than 20 years experience providing rehabilitation programs and supported accommodation, while daily living skills programs have been provided across the northern NSW region for more than 10 years. All services are focused on recovery, promote and rely on a person's involvement and focus on an individual's abilities and strengths.

What does the On Track Respite Service offer?

The Respite Service provided by On Track is committed to assisting carers of people living with a mental illness to enhance their quality of life.

Our Respite Service can be offered out-of-home, or in your own home. On Track provides access to day-to-day living skills programs, outreach support and social opportunities through our existing Mental Health Service.

On Track is committed to providing services which identify and reflect the goals of the individual while enhancing their quality of life.

On Track will assist carers to secure funds for respite through a range of government assisted community programs.

For more information contact us during business hours:
Monday to Friday 8.30am to 4.30pm

Who can take advantage of the Respite Service offered through On Track?

The On Track Respite Service provides assistance to:

- Older carers
- Indigenous carers
- Young carers
- Carer support groups
- Any carer in need of a break
- Care recipients

For referral to the On Track Respite Service contact your nearest On Track office or the Commonwealth Respite and Carelink Centre on 1800 059 059



Targeted support — where it's needed most

- Carer Respite and Support Group
- Supported respite in your home
- Centre-based respite
- Social and recreational activities
- Living skills training for care recipients
- Community access visits
- Group outings and activities
- 24 hour service

For more information about the On Track Respite Service contact your nearest On Track Office at:

Tweed Heads (07) 5524 9732

Lismore (02) 6622 0309

Coffs Harbour (02) 6651 1246

or

Visit our Website: www.ontrack.ngo.org.au



Our Mission

On Track Community Programs will provide a range of community-based support services for people experiencing mental illness, disability, homelessness or extreme disadvantage. Our aim is to improve an individual's quality of life and support them to participate more fully within the local community.

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On Track Respite Service is funded by FaHCSIA.



On Track Community Programs
Connecting people to their communities

Respite Service

As carers
we all need
a break ...



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