



## Guidelines for Carers

## About Carers WA

1. A special folder is available in the unit to assist you in complying with Strata Building Rules.
2. Arrival times would be appreciated between 2.00pm to 5.00pm on the scheduled day of arrival. Special consideration will be given to carers travelling from the country areas.
3. Car parking is available in Bay 35 on the right of the entrance parking area.
4. Basic items include eg linen, towels etc
5. **Smoking is not permitted inside the unit.** Smoking is permitted on the balcony, however the external unit doors must be closed.
6. Telephone can be used for local calls only. Guests are asked to pay for their calls by putting 40c into the box provided. No STD calls available.
7. Wheelchair access can be difficult, unless wheelchair is collapsible.
8. Guests are asked to leave the Retreat ready for the next guests to move in i.e. all linen and towels are to be washed and hung out to dry, and the unit left tidy.
9. On departure (by 11.00am), key is to be placed in Unit 35's letterbox on the lower ground floor foyer.
10. No responsibility is accepted by the Carers Association of WA for any damage or injury sustained by any person residing in the unit.

Carers WA is a non-profit community based organisation and registered charity dedicated to improving the lives of the estimated 250,000 family Carers living in Western Australia.

Part of the National Carers Association, we are the peak body recognised both state and federally, as the voice of family Carers, representing your interests in the Western Australian community.

Our role is to work in active partnership with Carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for Carers.



# The Anne Bluntish Carers Retreat



co-ordinated by



Tel: 1300 CARERS  
(1300 227 377)

[www.carersaustralia.com.au](http://www.carersaustralia.com.au)

## The Carer Retreat

## Booking Details

## Staying at the retreat

The Carers Retreat is a two bedroom, full furnished air conditioned apartment in South Perth, set in peaceful surroundings with beautiful views scanning Perth City and the Swan River. Miss Anne Bluntish is pleased to offer the Retreat for the use of Carers in need of a low cost, restful, hassle free short break in a comfortable relaxing environment.

Anne's own experience and her involvement with the community inspired her to provide assistance to Carers. After much work and many hours of research, the 'Carers Retreat' was formed in June 1994.

### Who is eligible to use the retreat?

The Retreat is reserved for the use of Primary Carers who are providing 24 hour, around the clock care for a family member or friend who is living under the same roof with them. It is not available for paid care workers.

*Under certain circumstances permission may be given for the care recipient to accompany the carer. Consideration will be given to access the Retreat for temporary low cost self contained accommodation, while accompanying care recipient receiving treatment at hospital or special health services. Decisions will be made in consultation with members of the Retreat committee and only, if the Retreat is not being used for the purpose of respite.*

### Costs?

A fee of \$15 per night, per person is charged to assist with operational costs of the unit, eg electricity, rates, water etc. Subsidised respite by an organisation, will incur a cost of \$25.00 per carer, per night.

### How long can I stay?

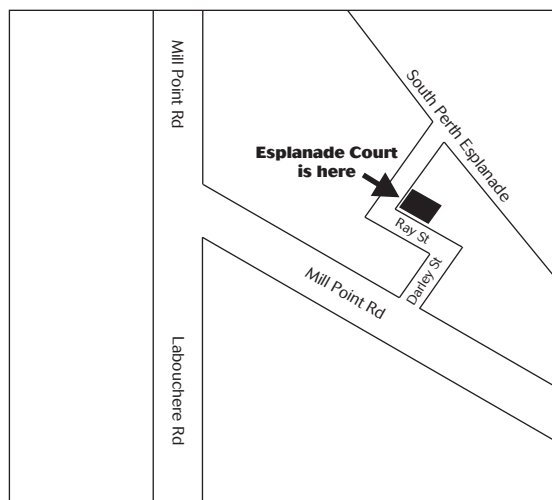
A carer can access the Retreat up to a total of 14 nights per year. The maximum stay is 7 nights at one time with the minimum being 2 nights. Special Occasions and times will be considered

Retreat bookings are managed by Carers Association of Western Australia.

**Tel: 1300 CARERS (1300 227 377)**  
during office hours 9:00am - 4:30pm  
Monday - Friday

Retreat (emergency only) tel: (08) 9367 1325  
Emergency unit contact tel: (08) 9367 8410

**Address:**  
**Unit 35, 8th Floor**  
**Esplanade Court**  
**(Enter off Ray Street)**  
**Via Mill Point Road**  
**South Perth WA 6151**



Everyone deserves and *needs* a break from time to time, taking that break really does make us feel recharged and refreshed.

The Carers Retreat is located at the Swan River foreshore overlooking Perth's beautiful skyline and city lights. It is in close proximity to a variety of services and tourist spots as well as easily accessible by car or public transport.

### Local Amenities Include:

**Eating:** You can either cook for yourself using the cooking facilities at the retreat, or eat in one of the many eateries/cafes/restaurants within close proximity to the unit.

### Shops: (Open 7 Days)

- including a BP Supermarket and Service Station open 24 hours .
- SupaValu Supermarket is located on Mends Street.

**Perth Zoo:** is a five minute walk from the unit.

### Medical Centre, dentist and hairdressers

### Transport:

- The Ferry leaves half hourly from the city
- Bus (Mill Point Road, Labouchere Road)
- Bus 34 from William Street, Perth

### Banks:

- Bankwest; Challenge Bank
- ANZ
- Commonwealth
- National Bank