

## REBALANCE

Carer's Wellbeing and Respite Program

### WHAT IS REBALANCE?

Extended Families' Carer's Rebalance Wellbeing and Respite program is designed to support the needs of carers in Victoria.

If you are a carer for a young person with a disability, you can apply to access Extended Families Carer's Rebalance funding to meet specific health and wellbeing needs you can't currently access.

These services are designed to be flexible and can be anything you identify a need for that meets health, respite, work, education, or wellbeing needs, in accordance with our guidelines. **Examples might include:**

| HEALTH                              | RESPIRE                                      | WORK                                                 | EDUCATION                       | WELLBEING                              |
|-------------------------------------|----------------------------------------------|------------------------------------------------------|---------------------------------|----------------------------------------|
| Psychology or Counselling Services  | Funding for respite accommodation            | Support to find or keep a job                        | Support to fund a course        | Funding for a weekend getaway          |
| Specialist Medical Services         | Funding for support workers                  | Support for training and courses required for work   | Funding for training or courses | Support to accesses leisure activities |
| Dietician or Allied Health Services | Funding to access community respite services | Funding for career counselling or employment support | Funding for student materials   | Access to Yoga or Pilates classes      |

### HOW DOES IT WORK?

- You identify what you need support with and complete a Rebalance Request form (link below).
- We will assess the suitability of your request and contact you to discuss your needs.
- If your request is approved, we will support you to access the support you need by funding your support request.
- Please be mindful that EFA is granted a set amount of money to be distributed amongst a reasonable number of carer applicants across the financial year. We will approve/decline requests at our discretion in line with our guidelines. Requests of up to approximately \$500 will be considered, and the amount granted will be at our discretion.
- Please note that all requests must be pre-approved to be funded, so we recommend avoiding paying for activities until after approval is granted.

### WHO CAN USE THIS SERVICE?

- Anyone who provides informal care to a young person (18 years and under) with a disability or specialized needs. This might include parents, siblings or grandparents, among others.
- The carer is experiencing stress, burnout, or financial struggles that is preventing them getting their needs met in areas of health, respite, work, education or personal wellbeing.

### DO YOU NEED MORE INFORMATION?

- Contact the Rebalance Program Coordinator, Thanh Nguyen at [thanh.nguyen@extendedfamilies.org.au](mailto:thanh.nguyen@extendedfamilies.org.au) or call on 0451 665 057
- Submit a Request Form here [Rebalance Carer Support Request Form](#)