

REBALANCE Funding Guidelines for Carers

Purpose of Rebalance Funding

Rebalance funding is designed to support your **wellbeing as a carer**. This may include supports that help you:

- Rest and recharge (respite)
- Reduce stress or burnout
- Build skills or confidence
- Connect with others
- Access supports that make your caring role more sustainable

What Funding Can Be Used For

Funding may be approved for supports such as:

- **Respite activities** (e.g. short breaks, outings, retreats)
- **Wellbeing supports** (e.g. gym, yoga, counselling)
- **Capacity building** (e.g. workshops, courses, therapy)
- **Social connection** (e.g. group activities, peer support)
- **Transport** to access approved activities

All requests must:

- Clearly support your **wellbeing as a carer**
- Be **reasonable and proportionate**
- Be **pre-approved before purchase**

What Makes a Request “Reasonable”

We aim to support fair access for all carers. This means:

- Choosing **mid-range, good quality options**, not luxury or premium versions
- Requests should reflect **value for money**

- Funding may be adjusted (e.g. shorter duration, lower-cost option)

*Example: A 12-month premium gym membership may not be approved, but a **6-month standard membership** at a reputable gym may be supported.*

What Funding Cannot Be Used For

Funding will not be approved for items or activities that are:

- Illegal or unsafe
- Gambling-related (e.g. casino stays, betting)
- Linked to alcohol/drug misuse or addiction
- Excessive or luxury (e.g. high-end resorts, premium packages)
- Not clearly related to carer wellbeing
- Ethically inappropriate or controversial
- Everyday living expenses (e.g. groceries, rent, bills)

How Decisions Are Made

We consider:

- How the request supports your **wellbeing**
- Whether it aligns with the **Support for Carers Program**
- If the cost is **reasonable and fair**
- Whether it is **safe and appropriate**

Important Reminders

- Always **get approval before spending**
- Keep receipts for reimbursement
- Funding is limited, so not all requests can be approved