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## Media Release.

for immediate distribution

### Care Connect Ltd taking respite support seriously for the wellbeing of ageing carers.

1<sup>st</sup> October 2009

On the 9<sup>th</sup> October 2009, Care Connect Ltd will open its second Respite Retreat called 'Kuca Ebony' in Daylesford, Victoria. Ageing carers supporting individuals with a physical or intellectual disability or mental illness are often the last ones to realise they require a well deserved rest.

Acting C.E.O, Mr. Nader Gayed said, "We understand the role of a carer is challenging and aim to reduce this stress with a cost effective and affordable place to relax and unwind".

Kuca Ebony, located only 90 minutes from Melbourne, has been made possible through the Department of Human Services Respite for Older Carers Program and the FaHCSIA Mental Health Respite Program Funding.

Mr. Gayed said, "Kuca Ebony offers a large range of recreational activities surrounded by holistic health services that include mineral springs and spas. This funky and vibrant town should help to eliminate some carer stress".

According the Bureau of Statistics, in 2003, there were 2.6 million carers who provided some assistance to those who needed help because of disability or age. Research shows that it is important for carers to actually take a well earned break from the caring role. "This maintains carers' emotional and physical wellbeing and allows carers to continue providing the ongoing support required within their imperative role". Mr. Gayed said.

Our Respite Coordinators carry out a respite needs assessment and support families/carers to identify the most suitable respite options. To enquire about the Daylesford Retreat please phone (03) 9362 8000 or email enquires to:

[daylesfordretreat@careconnect.org.au](mailto:daylesfordretreat@careconnect.org.au).

- end -

October 08 M&PR105

**Our Vision: It's about you – your wellbeing, your independence**

☎: 1800 116 166

🌐: [www.careconnect.org.au](http://www.careconnect.org.au)

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