



CARERS
Outlook

Respite for Carers



**Carers need a holiday to
Stay healthy & to sustain their caring role.**

We share our Nambour home, Carers Outlook, for respite.

YES! Rest, Sleep, Food, Cuppas, Company, Conversation,
Guidance, Laughter, Reading, Walking, Swims, Craft,
Sight-seeing on the Sunshine Coast.

NO! Routine, Cooking & Housework.



*We care for you & are flexible to suit your needs.
We understand the caring role personally and professionally.*

Carers' Comments:

- ❖ *Top grade - food, fun, sights & company. No improvement.*
- ❖ *The peace, rest, comfort, companionship, advice, and the laughs were just what I needed to find myself again.*

Lorrae & Vince O'Rourke



*Awarded by
Carers Qld
SERVICE
PROVIDER Award
2014 Sunshine
Coast
2013 State*

Vince O'Rourke, author of *I Wish I Were a Leper* cared for his first wife who died from Alzheimer's disease. The book details his care for her at home & in a nursing home.

Lorrae worked for Alzheimer's Qld facilitating carer groups & education programmes. She was the primary family carer for her aged mother who had Alzheimer's & other illnesses.

Aug 2010 – Dec 2015: They had about 200 respite stays (ranging from 12 to 91 years of age). They gave presentations for carers, staff, volunteers & community for organisations including: University of Qld, Ozcare, Centacare, Blue Care, RSL Care, Carers Qld, CRCCs-Suncare & FSG, Alzheimer's Qld, Alzheimer's Australia, United Synergies, Bundaberg Dementia Café, Community Visitors Scheme, Bromilow, Noosa Care Inc, nursing homes, Rotary, Men's Sheds, Community Health & libraries. They support Qld Dementia Networks.

Rest Relax Rejuvenate

For Carers: Individuals, couples, groups of four (from a Support Group), Carers staying with care recipients or carees can be discussed. Post-carers, Caring staff Hospital clients or patients Organisations can hold retreats, education sessions or meetings with carers.

Facilities & Services: The large home located on 3 acres overlooks Bli Bli Valley to the ocean & is peaceful allowing guests to rest, socialize or recreate. There are 4 private queen-sized bedrooms. 2 bedrooms share a bathroom & a separate toilet with grab rails. Lounge, recreation room, family room, gardens & swimming pool, activity/craft courtyard, facilitates scope for leisure. TV, DVD, Wi-Fi. Smoking zones outside. Sorry no pets.

Bring toiletries and medications.

Home-made meals: Dine with us or alone. Special diets are catered for. BYO alcohol.

Location: Nambour, Sunshine Coast.

Nambour has cafés, shops, RSL Club, nurseries and showground events. Close to all amenities: Hospital, medical centres & churches. Maroochydore, beaches and scenic mountainous areas of Montville & Maleny with its shops, cafés and national parks are about 25 minutes drive away. Local Attractions include Australia Zoo, Ginger Factory, Eumundi Markets & the Big Pineapple.

Transportation:

Road: Via M1 Sunshine Coast highway. About 1 hour's drive from North Brisbane. 3 mins from Nambour Hospital.

We can drive you depending on distance.

Parking on site.

Nambour railway/bus station:

Is 5 minutes drive. Free collect & drop off.

Call Translink: 13 12 30 for times and cost.

Contact: for respite, presentations, or buy the book, *I Wish I Were a Leper*

**Lorrae or Vince O'Rourke
Carers Outlook**

50 Savilles Rd Highworth
Nambour Qld 4560
5476 0642 (bus hrs) 0418298183
carersoutlook@gmail.com

Price List: 1.2.2016

Below is a guide only.

Daily Rates:

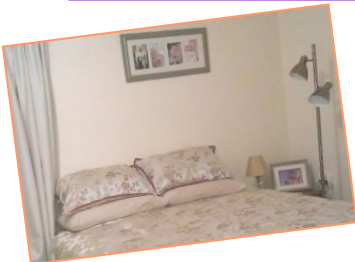
\$140 a day a person or
\$200 a day for a couple in the same
bedroom.

Includes linen, towels, all meals,
tea & coffee.

TV, DVD's, our companionship,
transport to and from the train station,
hospital & local drives.

Fees cover expenses.

Carers Outlook is a private family home & receives no government funding and is non GST. Vince & Lorrae volunteer their services. Donations are welcomed to support carers.



Call Commonwealth, Respite and Carelink Centre 1800 052 222 & Carers Qld 1800 242 636

to discuss support, information, counselling, advocacy and assistance with emergencies and respite funding.

Carers Outlook has Service Agreements with CRCC – (Suncare and FSG) and United Synergies.