



Carer Respite Program (VIC)

2024 Expression of Interest & Application Form

Our Carer Respite Program provides self-care and respite support to primary carers of people with CF in Victoria. As a member of CFCC you may apply for supports to allow you to take a break, work, study, improve your health and wellbeing and engage in other life enriching activities of your choice. You could also access professional childcare or respite services to enable you to have a break.

You are encouraged to think about the type of respite that would be most beneficial to you and your family's needs before submitting your expression of interest. If you need help to explore these ideas, please call us on [1300 023 222](tel:1300023222) to speak to one of our support workers.

Please complete all sections of the form below and send to support@cfcc.org.au and one of our support workers will call you to discuss your respite ideas.

Activities must be approved prior to submitting receipts or invoice(s) for payment.

Applications for 2024 will close on 1 December 2024 (or earlier if all funds have been distributed)

Your details

Primary Carer Name:	<input type="checkbox"/> I am a current CFCC member
Email:	Phone:
Name of person with CF cared for:	
Do you identify as:	<input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander
In what country were you born?:	
What languages are spoken at home?:	

Respite experience

What activities do you currently do for self-care and respite? (e.g. coffee with friends, read a book, movies, walks, yoga etc):
How often do you get to do these activities?: <input type="checkbox"/> Once a year <input type="checkbox"/> Every few months <input type="checkbox"/> Once a month <input type="checkbox"/> Once every couple of weeks <input type="checkbox"/> Once a week <input type="checkbox"/> Several times a week <input type="checkbox"/> Daily <input type="checkbox"/> Several times a day
How much time do you spend doing these activities when you get to do them? <input type="checkbox"/> < 30 mins <input type="checkbox"/> 30 mins – 1 hour <input type="checkbox"/> 1 – 2 hours <input type="checkbox"/> 2 – 3 hours <input type="checkbox"/> 4+ hours

Respite recipient(s)

Name	Address	Birthdate	Gender

Request details – complete all sections below

Please provide details of all respite activities being applied for. Place numbers from the key below into the Type of Respite column.

#	Type of Respite	Examples
1	Retreat	A city staycation and a movie
2	Wellbeing	Massage, cooking class
3	Physical Health	Yoga, pilates, sports club membership
4	Camp	Child with CF attends a holiday program
5	Social Connection	Dinner with friends, transport costs for rural members to attend choir in the next town
6	Paid Carer Hours	Babysitter while you go to the gym, support worker while you have coffee with friends
7	Other	

Activity	Business Name	Start Date	End Date	Anticipated hours	Cost (\$)	Type of Respite (see table above)

What do you hope to gain from this respite activity?

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I have spoken with CFCC about my respite needs

I agree to provide feedback about the program via survey after the activity is completed

Please make payment directly to the club / company - a copy of the invoice is attached

Please reimburse me - a copy of tax invoice is attached, and my bank account details are below:

Name of Bank:	Account name:
BSB	Account number

Privacy and consent

I agree to the collection of the data on this form by CFCC and acknowledge that all personal information provided on this form will be placed on CFCC's database and used for purposes associated with its service and business operations / events. For further details, view CFCC's [Privacy Policy](#).

CFCC welcomes feedback. You can provide feedback about our programs, services and events by visiting www.cfcc.org.au/page/125/contact-us.

How to apply

1. Complete all sections of the Carer Respite Program application form.
2. Send it to the CFCC Support Team at:

Email: support@cfcc.org.au

Post: 282 Neerim Rd, Carnegie VIC 3163 or 8 Parramatta Square, 49th Floor, Parramatta, Sydney 2150

3. We will aim to contact you about your application within five business days of receiving it.
 - Please call us on 1300 023 222 if your request is urgent.

Eligibility criteria

You must be:

- A 2024 member of CFCC
- A resident of Victoria (required, since this program is funded by the Victorian Government)
- The primary carer of someone who has CF (e.g., parent, partner, sibling, friend)

Need more information?

If you have any questions or would like more information about our Carer Respite Program or any of CFCC's other services, contact us on:

Website www.cfcc.org.au

Email: support@cfcc.org.au

Phone: 1300 023 222