



Amanda Rishworth MP Federal Member for Kingston

MEDIA RELEASE

\$496 473 to support carers of people with mental illness or intellectual disability in the South East Metro HACC region

The Australian Government will provide an additional \$496 473 over two years to Anglicare SA, Mental Illness Fellowship of SA, Mind Australia and YMCA SA in The South East Metro Home and Community Care (HACC) region to expand respite options and increase carers' access to training and information services and early intervention programs

The funding for these organisations is part of the Australian Government's \$13 million boost to 46 National Respite Development Fund (NRDF) organisations across Australia.

Amanda Rishworth MP, Federal Member for Kingston said the funding for these organisations would support local carers.

"We know that in any year, one in five Australians will suffer a mental illness and many of these people are cared for by their families.

"Carers of people with a mental illness have diverse and changing needs. Often they are excluded from mainstream services and are at risk of becoming isolated," Ms Rishworth said.

"As a former psychologist I recognise how important it is to give carers a break from their constant caring responsibilities. This can include getting away for a couple of days or just being able to snatch a few hours to go to a movie or catch up with friends.

"This additional funding will make a big difference for people whose lives are affected by mental illness," Ms Rishworth said.

The NRDF is a component of the Mental Health Respite Program which provides a range of flexible mental health respite options.

It forms part of the Government's \$1.9 billion commitment to the Council of Australian Government *National Action Plan on Mental Health 2006-2010*.

In the last financial year, the Government's Mental Health Respite Program provided around 415,000 hours of respite to more than 8,600 carers.

This additional funding will provide a further 260,000 hours of respite services helping more than 5,000 carers a year.