

Recharge with Mpower

Registered NDIS Provider

Mpower staff are committed to the delivery of services using practices that are sensitive and inclusive of all our cultural and diverse communities.

Mpower is dedicated to upholding all industry and legislative compliance requirements. As part of this commitment, we fully embrace and implement the Child Safe Standards, ensuring that the safety, wellbeing and rights of children remain at the core of our practices

The Recharge Program is funded by the Department of Families Fairness & Housing (DFFH) and is free for all eligible carers.

For more information regarding our Recharge Program please contact our Carer Support Team

mpower inc. since 1975

Recharge

Flexible support that gives carers time to reset



Enhancing Abilities ● Supporting Families ● Strengthening Communities

The Mpower Story

Since 1975 Mpower has been supporting families and individuals in south west Victoria to have real and meaningful connections to their communit

CELEBRATING 50 YEARS mpower

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HDAA CERTIFIED SERVICE

State Government Victoria

REG: A0010905X

Recharge

Flexible support that gives carers time to reset

Unpaid carers give so much of themselves, and our Recharge program is designed to give a little something back. While your young person enjoys meaningful activities with our trained staff, we want to ensure you also have the chance to rest, reset and focus on your own wellbeing.

What that looks like is different for every carer. For some, it might be a moment to unwind, relax, or enjoy a small treat. For others, it could be reconnecting with friends, catching up on life admin, watching a game or simply taking a quiet break for yourself. Whether it's enjoying an outing, doing something you love, or taking time just to breathe Recharge is here to support what helps you feel restored.

Our program offers flexible options so carers can take part in activities that nurture their health and wellbeing in whatever way feels right for them.

If you're unsure what might be available or what would best support you, our intake team can walk you through the possibilities. While we're supporting your young person, we're here to support you too — every step of the way.

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Eligibility

- Any person providing unpaid care for a young person **under the age of 18** who needs respite
- Care recipient must **not** have respite or short term accommodation funded in their NDIS plan
- Care recipients in Foster Care, OoHC, or under DFFH guardianship are **not** eligible
- Carers already registered with Mpower Carer Support Program (CSP) are **not** eligible.

What we do

Unpaid carers are at the heart of the supports we provide. We offer flexible, individual respite options delivered by experienced disability support workers across South West Victoria.

If you are a carer for a young person with a disability and need respite, we can help you. Mpower is here to support your young person for a day, evening or weekend.

Examples of supports include:

- Group activities for children with disability, scheduled to suit carer needs (weekdays, weekends, evenings).
- Structured programs using our facilities — short-term accommodation, respite houses, therapy rooms, childcare centre — as well as community spaces.
- Individual support at Mpower or in the home to give families respite.
- Overnight or short-term accommodation for children with disability and their siblings.

Referral pathway

Referrals into this program can occur through contacting our Carer Support Team via email carerservices@mpower.org.au or phone 5561 8111.

