

# AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

Carers NSW recognises that carers are diverse and that every caring situation is unique. The information, referral and counselling we provide is tailored to the individual needs of every carer. If you know a carer who needs information or support, contact Carers NSW Carer Line 9am-5pm weekdays on

**1800 242 636\***

(\*freecall except from mobiles)  
or visit our website [www.carersnsw.org.au](http://www.carersnsw.org.au)



## CONTACT US

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**Carer Line** 1800 242 636 (free call)

[contact@carersnsw.org.au](mailto:contact@carersnsw.org.au)

[www.carersnsw.org.au](http://www.carersnsw.org.au)



## ARE YOU CARING FOR SOMEONE?



**CARER LINE 1800 242 636**

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## WHO CARES?

Carers are friends, partners or family members who provide support to someone who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail. Carers may care for a few hours a week or all day, every day. Carers are not paid for their role, however some are eligible for government benefits.



## WHAT IS CARING?

Each caring situation is unique. Some carers spend their days feeding, bathing, dressing, toileting, and administering medications. Others provide supervision or help with finances or transport. Carers also provide emotional support day in and day out for some of the most vulnerable, isolated members of our community.

Caring is a role that can be both challenging and rewarding. Caring can be personally enriching, but the extra physical, emotional and practical responsibilities associated with caring can have a big impact on your life. Your relationships, health and finances can all be affected by being a carer, and you may need different kinds of support during your caring role.

*Looking after yourself is important for your wellbeing as well as the person you care for.*

## PRACTICAL SUPPORT

- **Carers NSW Carer Line** is available on 1800 242 636 (Mon-Fri, 9am-5pm). Experienced Carer Support Officers offer information, advice and referrals.
- **Carer Gateway** is a national online and phone service with information and resources for carers. The online service finder helps carers connect to local support services. The Gateway is available from 8am-6pm on 1800 422 737 or visit [carergateway.gov.au](http://carergateway.gov.au)
- **Respite** gives carers a break from their caring role, and it can be delivered in many different ways. For information on respite in your local area contact the Carer Line.

## EMOTIONAL SUPPORT

Support from your social network is important when you are a carer, but it can be hard to stay connected. You might like to get some extra support by talking to someone about your caring role.

- Carers NSW offers a range of counselling options across the state through the *National Carer Counselling Program*:
  - **Individual Counselling** is available for a small donation (no carer will be refused due to an inability to pay).
  - **Therapeutic groups** meet face-to-face or over the phone (Talk-Link) and run for 6-8 weeks. We run general wellbeing groups, and more specific groups for different kinds of carers.
- **Carer Support Groups** exist across NSW. We can help you find the right group for you.

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OR VISIT [CARERSNSW.ORG.AU](http://CARERSNSW.ORG.AU)**