

# Are you a Carer?



A Carer is someone who helps a family member or friend with things like:



emotional support



grocery shopping



preparing meals



medical appointments



administering medicine



personal care



paying bills



help to communicate

## Is this you?

Free support is just a phone call away. Contact Carers SA via **Carer Gateway** on **1800 422 737** or visit **carerssa.com.au**

Carers SA is committed to the safety, participation and empowerment of all children and young people.



*"I want to thank you for the extraordinary support you have given me through some challenging times. I would like to acknowledge your staff who are the most compassionate and empathetic people I have come across. All this has made a huge difference in my life and quite frankly have been overwhelmed by the kindness of your organisation."*

Lucy



**Carer Gateway**  
An Australian Government Initiative

**Carers SA Australia**

Freecall 1800 422 737  
info@carerssa.com.au  
www.carerssa.com.au

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# Carers SA Here for you



Anyone, anytime can become a Carer



**Carers SA Australia**

## If you provide personal care, support and/or assistance to family or friends who live with

- Disability
- Mental illness
- Dementia
- A chronic health condition
- An illness that is terminal
- An alcohol or drug related problem or
- Someone who is frail due to age

## Then you are a Carer and can access the support and services that Carers SA offers

People become Carers in different ways. Sometimes they start helping someone out bit by bit. Sometimes it happens suddenly, because of an accident or illness.

Carers can be any age.

Parents, grandparents, partners, siblings, children, friends and neighbours may all take on a caring role at some point in their life.

Carers SA is a state-wide organisation, with skilled and professional staff working across country and metropolitan South Australia.



Carers SA is the lead Carer Gateway provider in South Australia and provides a range of supports for Carers.

**REGISTER NOW!**

## Carers SA will talk you through the registration process which helps match services to your individual caring needs.

### Carer Gateway support services:

- **Carer support:** assisting Carers to determine what they need.
- **Tailored support packages:** enables Carers to access equipment, planned respite and other services to support their caring role.
- **Counselling:** support Carers to talk through their concerns and worries.
- **Peer support:** where Carers can meet with people in similar caring situations.
- **Emergency respite care:** to make sure the person cared for will be looked after if an urgent or unplanned event occurs and stops the Carer from being there.
- **Coaching:** identify personal goals and create a plan to reach these goals.
- **Advice:** provides information on services and support available.

### Carers SA also offers:

- **Carer breaks:** providing Carers with a short break from their caring role.
- **One on one support** for Young Carers.

Funded by the State Government, Department of Human Services.



**My child lives with disability**

I am their Carer



**My husband lives with mental health challenges**

I am his Carer



**My wife lives with chronic illness**

I am her Carer



**It's not easy when our parents get older**

I am their Carer



**My mum lives with Dementia**

I am her Carer



**My little sister lives with disability**

I am her Carer