

# Are you a carer?



A carer is someone who helps a family member or friend with:



emotional support



grocery shopping



preparing meals



administering medicine



personal care



paying bills

## Is this you?

Free support is just a phone call away. Contact **Carer Gateway** on **1800 422 737** or visit **[carerssa.com.au](http://carerssa.com.au)**



An Australian Government Initiative

Connecting carers  to support services

The **Carer Gateway** is an Australian Government initiative which provides services and support to unpaid carers across Australia. **Carers SA** is the lead agency in South Australia for the provision of these services.

For over thirty years now, **Carers SA** has been providing support to unpaid carers across South Australia. **Carers SA** offers a wide range of personalised services, packages and information to support carers from all backgrounds and cultures at no cost to you.

### **Some of the services available:**

- **Carer support** - assisting carers to determine what they need.
- **Tailored, carer-directed support packages** - to give carers practical assistance.
- **Professional counselling** - provide one-on-one support for carers and their caring situation.
- **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** - one on one support to help reach individual carer goals.
- **Advice** - providing information on services and support available.



An Australian Government Initiative

Connecting carers ●●●● to support services