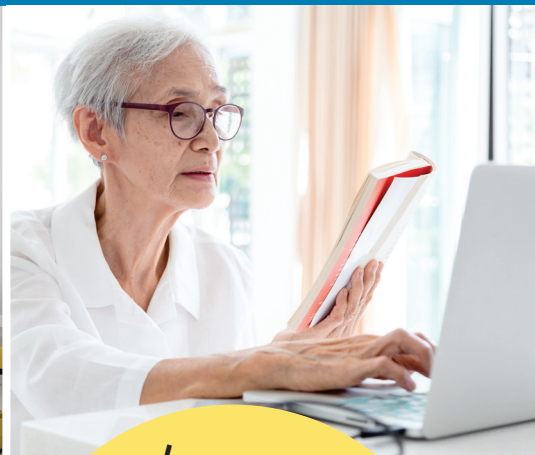


# Tailored Support Packages



**Tailored Support Packages are designed to provide you with services and support specific to your needs to help you in your caring role.**

You may be able to get free services or equipment to help with your education – for example, tutoring, educational supplies or training courses.

You can also receive practical support services such as:

- Planned respite, where a service provider steps in to take care of your family member or friend while you take a break.
- Cooking and cleaning services
- Assistance with shopping
- Assistance with transport such as paying a taxi for transport to medical appointments or shopping.

To find out more about Tailored Support Packages contact **Carers SA** via the Carer Gateway on **1800 422 737**

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

Looking after someone with disability, a medical condition, a mental illness or who is frail due to age?  
**Carers SA is here for you**



An Australian Government Initiative

Connecting carers ●●●● to support services

# 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 **Carers SA** via the Carer Gateway  
on **1800 422 737** or visit **carerssa.com.au**



An Australian Government Initiative



Connecting carers  to support services