Are you a Carer?



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



emotional support

medicine





grocery shopping







preparing meals



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

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

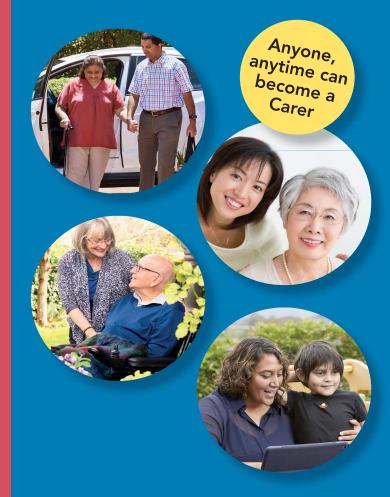






Freecall 1800 422 737 info@carerssa.com.au www.carerssa.com.au

Carers SA Here for you







Connecting carers ••• to support services

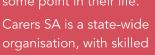
If you provide personal care, support and/or assistance to family or friends who have

- A disability
- A mental illness
- Dementia
- A long term 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 you can access the support 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.



and professional staff working across country and metropolitan South Australia.

Carers SA is the local Carer Gateway provider in South Australia.

The Carer Gateway is an Australian Government initiative which provides services and support to unpaid Carers across Australia.

Carer Gateway Services

Carer Support Planning

Speak with one of our team members about your caring role so we can together determine the services that may be of best benefit to you.

Peer Support

Our peer groups give you the opportunity to share experiences, focus on different topics aimed at connecting, supporting and empowering you in your everyday life.



Counselling

Free, short-term counselling services can help you if you are experiencing difficulties with anxiety, stress, depression, grief, loss and low mood.



Tailored Support Packages

We can develop a support package designed for your needs. You may be eligible for financial assistance that can be used to purchase a specific item, or free services such as help with cooking and cleaning, gardening, transport and more.



Coaching

Work one on one with a team member to identify a personal goal you want to achieve to create positive change in your life.

Young Carers

The Young Carers program is a free, state-wide service for young carers 25 years or under.



Other Services

Community Connections Program

The Community
Connections Program
supports people
to increase their
independence in the
home and to build
stronger social and
community connections.



Carer Breaks

Do you need a short break from your caring role? If you are under 65 you could be eligible for a Carer Break.

for a Carer Break.

Whether you choose to get away by yourself, or go on a break with a group of Carers, there is something for everyone.

