

# 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**

*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



  
**Carers SA**  
Australia

 **Carer Gateway**  
An Australian Government Initiative

Freecall 1800 422 737  
[info@carerssa.com.au](mailto:info@carerssa.com.au)  
[www.carerssa.com.au](http://www.carerssa.com.au)

# Carers SA Here for you



Anyone, anytime can become a Carer



  
**Carers SA**  
Australia

 **Carer Gateway**  
An Australian Government Initiative

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.

Carers SA is a state-wide organisation, with skilled 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.

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

