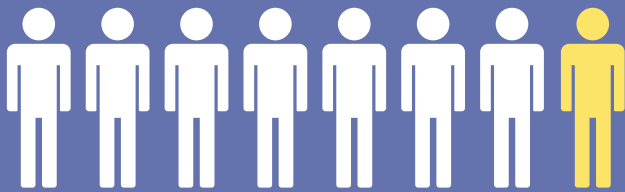
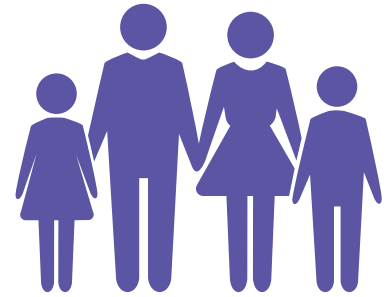


# Introducing Carers SA

If you provide assistance to a family member or friend who is frail due to age, has a disability, a drug or alcohol related problem, dementia, experiencing mental illness or a long term medical condition,

**Carers SA is here to support you**



## 1 in 8 Australians are Carers

- Almost 2.65 million Australians are Carers
- Over 391,000 Carers are under the age of 25
- Nationally, unpaid Carers provide 1.9 billion hours of care every year, saving the Australian government up to \$77.9 billion annually

## In South Australia there are 245,000 unpaid Carers

This includes up to 31,400 young Carers aged between 7-25



## Who are Carers SA?

Carers SA is a state-wide organisation, with skilled and professional staff working across country and metropolitan South Australia. Carers SA also provides a number of services to young people (aged 5-25) in a caring role.

Carers SA is the lead Carer Gateway provider in South Australia and also provides a range of supports for Carers including Carer Breaks and one on one support, as well as continues to play a strong advocacy role on behalf of Carers to ensure the Carer voice is heard and represented.

To find out how  
**Carers SA** can help you  
call **1800 422 737**



# What is the Carer Gateway?

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



## Connect with other Carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local Carers, share advice and learn from each other in a safe space.
- **Workshops** – Workshops are available on different topics aimed at connecting, supporting and empowering Carers.



## Coaching

Coaching can be up to 6 x 1 hr sessions and discussions can be around anything the Carer wants to focus on including:

- Health and wellbeing.
- Understanding inclusion and advocacy.
- Exploring the emotions of caring.
- Exploring how the caring role can change over time.
- Navigating the day to day challenges of the caring role.
- Exploring how to build and maintain mutually supportive relationships.
- Work, study and volunteering.
- Exploring the financial implications of the caring role.



## Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person** – speak one-on-one with a professional counsellor in your local area.
- **Online counselling** – speak with a counsellor online in the comfort of your own home.



## Financial support

Get financial support to assist you in your caring role.

### Financial support packages:

- one-off practical support in the form of equipment or an item to assist you in your caring role.
- a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.



## Emergency Respite

Get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.

To find out how  
**Carers SA** can help you  
call **1800 422 737**

 **Carer  
Gateway**  
An Australian Government Initiative

 **Carers SA**  
Australia