## **Emergency Respite**





## Emergencies can happen anytime

Emergency Respite offers support for Carers who are experiencing an urgent or unplanned event that temporarily impacts their ability to care for their family member or friend.

This could include:

- The Carer becoming ill or having an injury
- Having to leave home suddenly due to a family/or other emergency
- The Carer feeling stressed or overwhelemed with the caring role
- An unplanned event that threatens the health and safety of the person they are caring for
- An unplanned event that threatens the health and safety of a Carer (including extremely high levels of strain and anxiety)

Emergency Respite is temporary support put in place while Carers SA work with the Carer and the person being cared for to ensure that long term supports are put in place should the care be required post 72 hours. If you provide
assistance to a family
member or friend who
is frail due to age, has
a disability, a drug or
is experiencing mental
health condition,
carers SA is here to
support you

Emergency Respite supports Carers who are experiencing an urgent or unplanned event that temporarily impacts a Carers ability to continue their caring role for their family or friend.

This is a 24 hours a day, 7 day a week service.

Call 1800 422 737

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





## Are you a Carer?





A Carer is someone who helps a family member or friend with things like:



emotional support



grocery shopping



preparing meals



medical appointments



administering medicine



personal care



paying bills



help to communicate

## Is this you?

Free support is just a phone call away. Contact Carers SA via Carer Gateway on 1800 422 737 or visit carerssa.com.au





