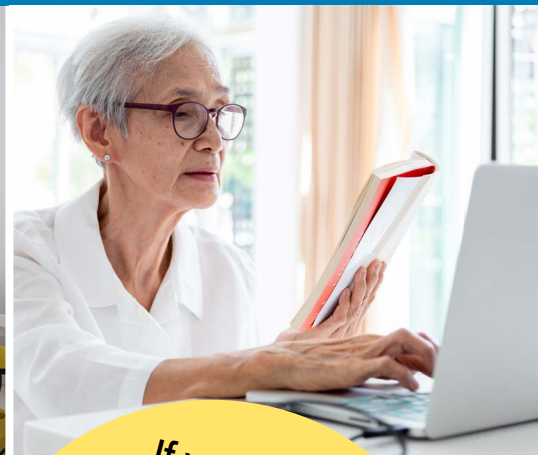
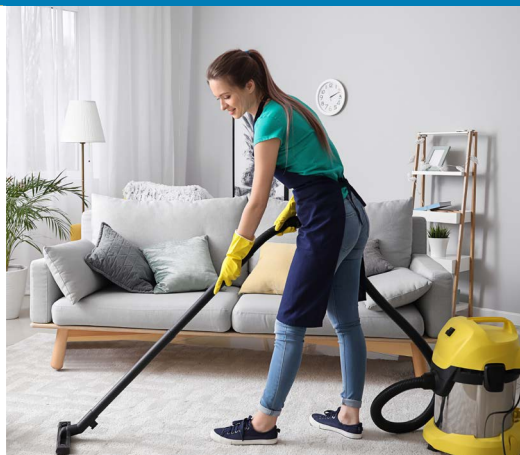
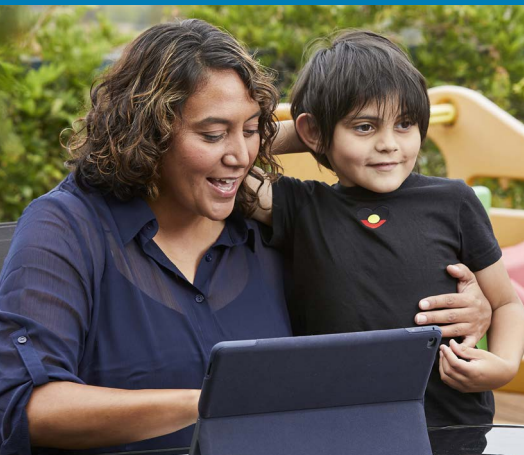


# Tailored Support Packages



**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 may 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.*

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, is experiencing mental illness or has a chronic health condition, **Carers SA is here to support you**



# 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](http://carerssa.com.au)

