

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 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.



"Carers SA have been amazing. I was able to access an Aboriginal Community Team member who supported me in my caring role, enabling me to achieve my Diploma of Nursing. As a proud Aboriginal woman, with connections to the Adnyamathanha people in the Far North Flinders Ranges SA, and a Carer for 2 of my children with disabilities, I really appreciate the help you provide to me and my children."

Natasha



Carer
Gateway

An Australian Government Initiative



Carers SA
Australia

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

October 2023



Carers SA

Here for you



Carers SA
Australia

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

- Disability
- 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 FREE 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

Talk with one of our team members about your caring role so we can together look at the services that may be best for to you.

Peer support

Our peer groups give you the chance to share experiences, look at different areas aimed at connecting, supporting and empowering you in your everyday life.



Counselling

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



Tailored support packages

These are designed to provide you with services and support for your needs to help you in your caring role.

You may be able to get free services or equipment to help with your education.

You can also receive day to day support services such as:

- Planned respite
- Cooking and cleaning services
- Help with shopping
- Help with 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.

Emergency respite care

This gives you a rest from your caring role during an urgent or unplanned event.

We know accidents can happen at any time. Whether you have become ill, had an accident or the relationship between you and the person you care for has become unsafe.



Young Carers

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

Carers SA also receives funding from the South Australian Government to deliver:

Carer Breaks

This program provides group and individual activities to support Carers aged 5 and over to have a full break from their caring role.



Additionally, Carers SA is a partner of the Government of South Australia – Department of Human Services (DHS) **Community Connections Program**, that supports people aged 18-64 to increase their wellbeing and build stronger social and community connections.

