

Carer Breaks

We all need a break sometimes



Carer Breaks are an important initiative designed to support the wellbeing of Carers by providing them with the chance to take a break from their caring responsibilities and reconnect with their community. This is a great way to ensure Carers have the opportunity to care for their own mental and physical health.

There is an eligibility criteria and process for assessing and approving Carer Breaks. This helps Carers SA manage the demand while ensuring access to Carer Breaks are distributed effectively. .

If you have any questions about Carer Breaks or would like to register, please visit www.carerssa.com.au/services/carers-breaks/ or contact Carers SA on 8291 5600 or send an email to Carer.Breaks@carerssa.com.au

Carer Breaks are funded by the Government of South Australia – Department of Human Services

Contact **Carers SA** on **8291 5600** or Carer.Breaks@carerssa.com.au



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human services

