Coaching

Coaching is designed to provide an opportunity for Carers to reflect on their experiences and needs, identify personal goals or make changes important to them.

Talk to a coach to reflect on experiences and needs, identify personal goals and create a plan to reach these goals. Coaching provides Carers with the opportunity to explore how their caring role affects different areas of their life.

The Carers SA Coach will work with Carers on the practical things they can do to improve their wellness. Coaching might look like 'brainstorming' or 'working together' to understand the current circumstances and to then explore the way in which Carers would like to move forward.

Coaching focuses on Carer needs and identifies how the Carer may want things to change.

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

- Health and wellbeing
- Understanding inclusion and advocacy
- Connecting with the Community
- Exploring access to other services
- Finding time for yourself
- Getting on top of the tasks that you need to do
- Navigating the day to day challenges of the caring role
- Work, study and volunteering
- Exploring the financial implications of the caring role.

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

"(Coaching) has given me so much hope for the future! The start of my new chapter when I was ready to throw away the book! I really feel now that my life can turn around, for the better, I can change my life and achieve my goals and dreams."

Erin

Please Call Carers SA via the Carer Gateway on **1800 422 737**

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

Carer Gateway
An Australian Government Initiative

Carers SA

August 2026

Are you a Carer?

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

- 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

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Carers SA

Are you a Carer and do you know what support is available to you?

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

- Disability
- Mental illness
- Dementia
- Chronic health conditions
- Terminal illness
- Alcohol/drug related issues; or
- Frailty due to age

Then you are a Carer and can access supports and services that Carers SA offer.

People become Carers in different ways. Sometimes Carers start helping someone out bit by bit or it happens suddenly because of an accident or illness. Carers can be any age and any status - parents, grandparents, partners, siblings, children, friends and neighbours may all take on a caring role at some point in their life.

Carers SA is the peak advocacy body for Carers in South Australia. Carers SA has over 30 years of experience providing Carers with a range of services to support them in their caring role.

Free support is just a phone call away.

Contact Carers SA via Carer Gateway on 1800 422 737 or visit carerssa.com.au