

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.

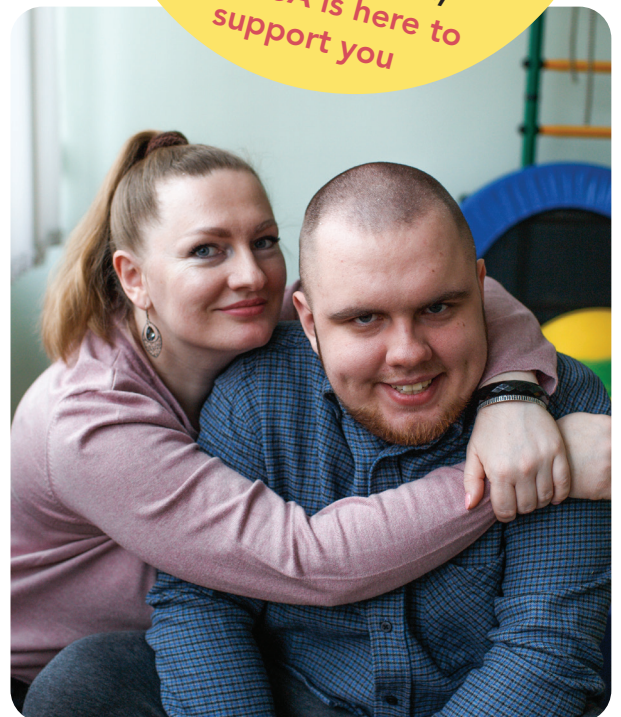
You may also receive practical support services such as:

- 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:



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



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.

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