

Peer Groups



Carers come together in a group and meet with people in similar caring situations. It is an opportunity to connect, share, and learn from each other.

Peer Groups are free and available to all Carers who would like to:

- Connect with the local community
- Connect with people in similar circumstances
- Develop networks to help support and connect with one another
- Meet with other Carers to share experiences, stories, and knowledge
- Learn from one another and hear from a range of guest speakers on identified topics
- Discuss ideas and strategies that Carers may use to overcome challenges in their caring role.

To find out more about a local Peer Support Group please contact 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.

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

"I want to thank you for the extraordinary support you have given me through some challenging times. I would like to acknowledge your staff who are the most compassionate and empathetic people I have come across. All this has made a huge difference in my life and quite frankly have been overwhelmed by the kindness of your organisation."

Lucy

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.



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