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

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

September 2026

Carers SA

Here for you









Carers SA

If you provide care to family or friends who live with:

- Disability
- Mental illness
- Dementia
- A chronic health condition
- An illness that is terminal
- An alcohol or drug related dependency or;
- Someone who is frail due to age

Then you are a Carer and can access the support and 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 the state's peak body for Carer advocacy. We advocate on behalf of all Carers to influence policies and improve support services.

Carers SA is the lead Carer Gateway provider in South Australia and provides a range of supports for Carers

REGISTER NOW!

Carers SA will talk you through the registration process which helps match services to your individual caring needs.

Carer Gateway support services:

- **Tailored Support Packages:** enables Carers to access equipment, planned respite and other services to support their caring role.
- **Counselling:** supports Carers to talk through their concerns and worries.
- **Peer Support:** where Carers can meet with people in similar caring situations.
- **Emergency Respite:** to make sure the person cared for will be looked after if an urgent or unplanned event occurs and stops the Carer from being there.
- **Coaching:** identify personal goals and create a plan to reach these goals.
- **Vocational Pathways:** offers Carers flexibility to achieve employment or study goals.

Carers SA also offers:

- **Carer Breaks:** providing Carers with a short break from their caring role.
- **One on one support** for Young Carers.

Funded by the State Government, Department of Human Services.









