



What support services are there for carers?

Carers are very special people who have dedicated themselves to looking after a loved one in their lives. It is a very rewarding role however it can also be physically and emotionally demanding so it is important to know what services and resources are available to support you and your loved one on your journey together.

UnitingCare Ageing

Please see our Fact Sheet – ‘Support for Carers through UnitingCare Ageing’ to see how we can assist you and your loved one.

Carers Australia

<http://www.carersaustralia.com.au/>

This website contains useful information on areas including practical matters, planning for the future, finding services and forums. Links to state and territory specific information are provided.

Carers NSW

<http://www.carersnsw.asn.au/>

This state specific website contains information on support programs, information and resources as well as education and training. The Information and Resources section is particularly helpful and features fact sheets such as ‘Aids and Equipment’, ‘Things to consider when taking on a caring role’ and ‘Benefits and Entitlements’.

Carer Support Kits which are provided free of charge are also available in one of 13 different languages.

Carers ACT

<http://www.carersact.asn.au/>

This territory specific site provides information on support hotlines, counselling, social groups and details for various programs available to help carers and their loved ones in Canberra.

Commonwealth Respite and Carelink Centres

<http://www.health.gov.au/internet/main/publishing.nsf/Content/ageing-carers-respcent.htm>

These centres provide information about community, aged care and support services. They can also assist carers with access to respite. Contact your nearest centre on free call from landline 1800 052 222 during business hours. For emergency respite outside business hours free call from landline 1800 059 059.

National Carer Counselling Program

This provides short-term counselling and emotional and psychological support services for carers. It is delivered through Network Carer Associations which can be contacted free call from landline 1800 242 636.

Day Centres

<http://www.health.gov.au/internet/main/publishing.nsf/Content/ageing-commcare-dtc-providers.htm>

Day Therapy Centres offer physiotherapy, occupational and speech therapy, podiatry and other therapy services to older people in a community setting.

Carer Allowance and Carer Payment

http://www.centrelink.gov.au/internet/internet.nsf/individuals/carers_index.htm

Centrelink can assist you financially with the cost of caring through the Carer Allowance and Carer Payment. Visit the site to find out if you can qualify for assistance.