



Services and support just for carers

Why carer services and support?

Caring for a family member or friend can be an incredibly rewarding, although very challenging experience. At times, it can be demanding and draining.

As a carer, looking after yourself is essential. You cannot properly care for another person or balance your various commitments, if you are in poor physical or emotional health. You will be placing the person you care for and yourself at risk.

Combine some of the options below to build up the support around you. This will help you to keep on caring - and get you through the difficult days.

*"For the first few years, I just focused on Stavros.
I needed to be coaxed into getting support just for me.
I'm glad I did."*

Information, support and advice

The [Commonwealth Carer Resource Centre](#) (ph: 1800 242 636*) provides information, support, resources and advice to people caring for a family member or friend. You can also be referred to other services that may help.

Carer support and respite options

[Commonwealth Carer Respite Centres](#) (ph: 1800 059 059*) provide information, support and respite services to carers, tailored to individual needs. The range of respite options include in-home respite, day respite, overnight respite, weekend respite, carer retreats, holiday respite and respite in a residential care facility.

It can be difficult using respite for the first time. Carer support workers and residential respite workers are available to support you through this. They make it as positive as possible for you and the person you care for.

Financial assistance with the cost of your chosen respite arrangements may also be available.

Talking it through

There will be many times in your caring role when you might like to talk things through with a helpful outsider. The National Carer Counselling Program is specifically for carers and offered face-to-face or over the telephone. Phone the [Commonwealth Carer Resource Centre](#) on 1800 242 636* to find out more.

Carer support groups

Talking to other carers is a great way to gain information, support and advice from people who know first-hand what caring involves. There are hundreds of carer support groups in most states, so one is likely to be near your home. Each group is run differently - some meet to listen to guest speakers and others simply get together for morning tea. Carers themselves run some groups, whereas others are facilitated by paid carer support workers or aged care workers.

Finding the right carer support group is important, so don't be deterred if the first one you attend does not feel right for you. This may take some time. Carer support groups don't suit everyone - but you won't know if you don't give it a go.



Carer workshops

Carers Associations regularly run free education workshops and training sessions for carers across Australia. These workshops are a great way to meet other carers, share information, learn from the experiences of others and find new ways of doing things.

Contact the [Commonwealth Carer Resource Centre](#) on 1800 242 636 to find out about workshops available in your state. Examples include:

- ▣ Caring for yourself
- ▣ Loss and grief
- ▣ Planning for residential care
- ▣ Having your say
- ▣ Lasting the distance
- ▣ Humour in caring
- ▣ Assertiveness for carers
- ▣ Money matters
- ▣ Legal matters
- ▣ Relationships.

Regional Respite Centres may run similar programs.

Contact the [Commonwealth Carer Respite Centre](#) on 1800 059 059* for information on workshops in your local area.

Further information:

- ▣ [More information for veterans and their carers](#) - ph: 133 254.

Contact the [Commonwealth Carer Resource Centre](#) on 1800 242 636* to request the above information sheets be sent to you - or to find out about other information sheets in this series.

*Free call except from mobile phones. Mobile calls at mobile rates.

We do our best to keep these links up to date, but the internet changes all the time. If you can no longer access any of the above resources, please go to our [Internet Troubleshooting Guide](#), or email us at website@carersvic.org.au