

Are you caring for an older family member or friend?

Surviving the Maze

has over 60 information sheets packed with tips, strategies and practical suggestions for carers in each state or territory

Caring for an older person

- ▣ What is a carer?
- ▣ How to organise support services
- ▣ Respite care - get a break

Considering Residential Care

- ▣ Residential Care - where to start?
- ▣ Aged Care Assessment
- ▣ The day of admission - what to expect

Dealing with Hospitals

- Medical staff in hospitals ▣
- Your rights in the hospital setting ▣
- Discharge from hospital ▣

Caring in Residential Care

- Making visiting work for you ▣
- How to feel comfortable at the facility ▣
- How to make a formal complaint ▣

Surviving the Maze information sheets are available at

www.survivingthemaze.org.au

or phone The Commonwealth Carer Resource Centre on

1800 242 636*

*An Australian Government Initiative. Freecall except from mobile phones

