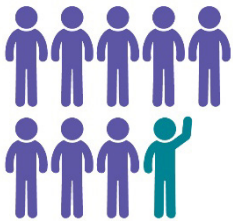


## Who is an unpaid carer?

**2.65 million+**



There are over 2.65 million unpaid carers in Australia.

That's 1 in 9 people.

An unpaid carer takes care of someone:

- with disability
- who is sick
- who is older.



An unpaid carer:

- is not paid any money
- can be any age.



Many people do not see themselves as an unpaid carer.

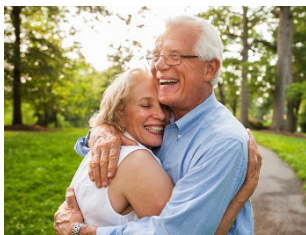
This is because they can also be:



- a family member



- a friend



- a partner



- a neighbour.

## What does an unpaid carer do?



An unpaid carer takes care of someone in different ways.

They might:



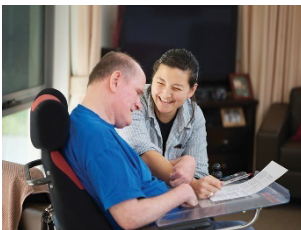
- go to the shops with them



- do chores



- cook food



- help them with daily tasks



- take them to appointments.

An unpaid carer might:



- help someone with lots of tasks in their life

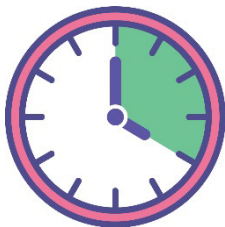


- take care of someone who needs a bit of extra help.

An unpaid carer might look after someone:



- 24 hours a day



- for a few hours at a time.

## Support for unpaid carers



It is important that unpaid carers ask for support when they need it.



Carer Gateway provides services and support to unpaid carers across Australia.

This includes services and support:



- in person



- over the phone



- online.

Carer Gateway provides services that:



- support unpaid carers



- teach unpaid carers new skills



- help unpaid carers meet other carers.

## Contact us



You can contact Carer Gateway to:

- find out more about these services
- use these services.



You can call Carer Gateway.

**1800 422 737**

Monday to Friday

8 am to 5 pm



You can visit the Carer Gateway website.

[www.carergateway.gov.au](http://www.carergateway.gov.au)



If you need to talk to someone in a language other than English, you can call the Translating and Interpreting Service (TIS).

**131 450**



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