

Why is it important to support unpaid carers?



There are over 2.65 million unpaid carers in Australia.



They take care of someone they know:

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



An unpaid carer:

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



Taking care of someone can be tough at times.



That is why it is important to help unpaid carers get the support they need.

It can make a difference in their lives.



Unpaid carers can learn new ways to take care of themselves.



Many unpaid carers do not ask other people for help.

But many feel comfortable to ask for support from:



- a friend



- family members.

Unpaid carers might not ask for support because they do not:



- have enough time



- know there is help available



- want others to think they cannot cope



- want other people to know they are an unpaid carer.

How can you support an unpaid carer?



You can support an unpaid carer by telling them it is ok to ask for help.



You can also tell them about Carer Gateway.



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

This includes services and support:



- in person
- over the phone
- online.

How can you talk to an unpaid carer about getting support?

Find information



You can find information on the Carer Gateway website.

www.carergateway.gov.au

You can find information about:



- services unpaid carers can use



- how an unpaid carer can get help.



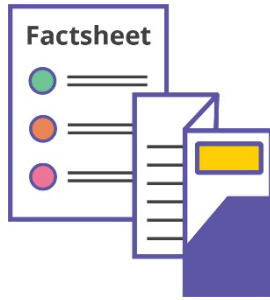
It is ok if you do not have all the answers.



You can tell them about Carer Gateway.

We will do the rest.

Have information to give them



On the Carer Gateway website you can find:

- fact sheets
- brochures.



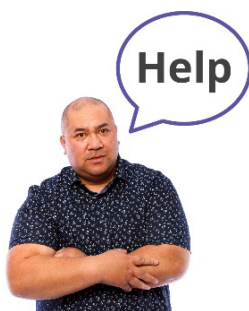
You can also find information to share with an unpaid carer.



You can find out how to contact the Carer Gateway on page 9.

How to talk about getting help

It can be hard for an unpaid carer to:



- ask for help



- accept help.

Think about where you want to talk to them.

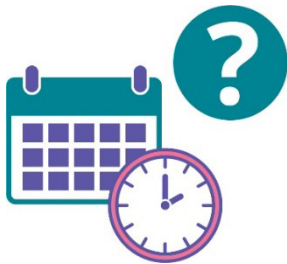


It should be a place that is:

- comfortable
- safe.



You can also try to talk to them away from the person they care for.



Think about when you talk to them.

Make sure it is at a time that suits them.

It's ok if they are not ready to talk



Talking about needing help and support might be hard for an unpaid carer.



It is ok if they are not ready to talk to you right now.



This does not mean you should give up.

You can try to talk to them again at a different time.

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



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

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