

It's ok to ask for support



Taking care of someone else can be tough.



But services and support can help you.



Most unpaid carers find it hard to manage their daily tasks.



Many unpaid carers do not ask for help until there is an emergency.

Unpaid carers might not ask for help because they think:



- they do not have enough time to find support



- they cannot get support.

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

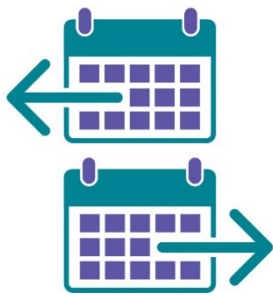


- think they are an unpaid carer



- know what help they can get.

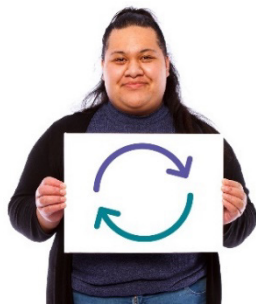
There is always time to get support



There is always time to get support, even if you think it is too:

- early
- late.

There is always time to:



- make changes



- take care of yourself.



You might:

- need help to get support
- not know what help you can get.

And that is ok.



Carer Gateway can help you.

How can Carer Gateway support you?



Carer Gateway can help you learn about the services and support that are right for you.



Carer Gateway is a place where the needs of unpaid carers come first.



You can get free support that suit your needs.

This can include:



- counselling



- respite care



- help with cleaning your home.



You can find more information in our 'Services for unpaid carers' fact sheet.



You can find an Easy Read version of this fact sheet on the Carer Gateway website.

www.carergateway.gov.au

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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