

Services for unpaid carers



Carer Gateway provides services and support to over 2.65 million unpaid carers across Australia.

This includes services and support:



- in person



- over the phone



- online.

Carer Gateway provides services and support to carers no matter:



- where they live



- who they take care of.

Carer Gateway can help you find services to:



- support you



- learn new skills



- meet other carers.

Support packages



You can get services and support that suit your needs.

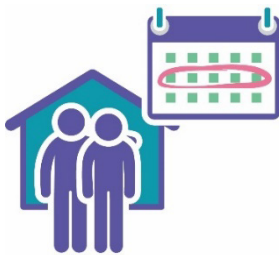
These might include:



- support to continue your education or training



- support with housework



- planned respite so that you can take a break



- transport.

Respite care



Everyone needs a break from their day-to-day routine sometimes.

Respite means taking a break.



Respite is when someone else takes care of a person so that their carer can have a break.

Respite is a good break for:



- carers



- the person they care for.

You can get:



- planned respite – a break to rest while a respite service looks after the person you care for



- emergency respite – if something urgent happens and you can't look after the person you care for.

Coaching

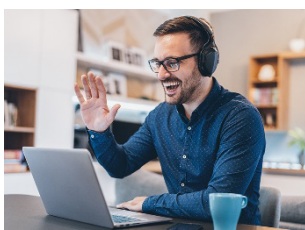


Coaching is when someone helps another person to learn new ways to do things.

You can get coaching:



- in person



- online.

You can take online courses at your own pace.

They can help you learn new ways to:



- take care of yourself



- manage your stress.

Counselling



Counselling is when you talk to someone about:

- how you think and feel
- ways to help you feel better.



You might get counselling when you feel:

- stressed
- sad
- frustrated.



You can get counselling:

- in person
- over the phone.

Connect with other carers



You can meet new people who also care for a family member or friend.

You can support each other.

You might meet:



- in person
- online.

You might:



- share your story



- get tips and information



- learn from others.

Learning new skills online



You can learn some new skills in an online course.

You might learn new skills about caring for:



- a family member or friend



- yourself.

This could include things like:



- dealing with stress
- managing money
- helping with important documents.

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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