

# Carer Gateway



## Fact sheet



**Easy Read version**



## What is Carer Gateway?



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

An unpaid carer:



- takes care of a family member or friend
- is not paid any money.

But they might get money or support from the government.

Carer Gateway provides services and support:



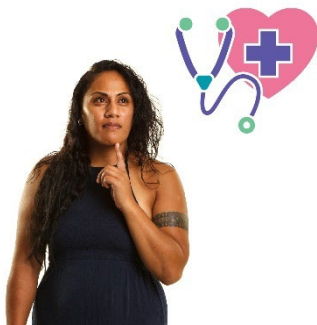
- in person
- over the phone
- online.

## Can Carer Gateway support you?



Do you take care of a family member or friend:

- with disability?
- who is sick?
- who is older?



Does being a carer affect your health?

Does being a carer affect how much time you spend:



- at work?
- at school?
- with friends?



If you answered 'Yes' to any of these questions, Carer Gateway can help you.

## Services through Carer Gateway



Carer Gateway can help you find services to:

- support you
- learn new skills
- meet other carers.

## Coaching



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



Coaching can happen:

- online
- in person.



You can take online courses:

- at your own pace
- to learn new things.



They can help you learn new ways to:

- take care of yourself
- manage your stress.

## Counselling



Sometimes you might feel:

- stressed
- sad
- frustrated.



**Counselling** is when you talk to someone about:

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



You can get counselling:

- in person
- over the phone.

## Respite care



Respite means taking a break.

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



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



Respite is a break for:

- carers
- the person they care for.

You can get:



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



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

## Connect with other carers



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

You can meet them:



- in person
- online.

You can:



- share your story
- get tips and information
- learn from other carers.

## Learn new skills online



You can learn new skills online.



You can learn new ways to care for a family member or friend.

This could include things like:



- dealing with stress



- managing money



- helping with important documents.



## Financial support



You may be able to get financial support to help you care for a family member or friend.

This financial support may include paying for:



- equipment to help you while you care for someone



- respite so that you can take a break



- transport.

## 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) on **131 450**.



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