

# Support for unpaid carers



**Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?**

**Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?**

**If you answered yes to any of these questions, Carer Gateway can help you.**

## **What is Carer Gateway?**

Carer Gateway provides in-person, phone and online services and support to Australia's unpaid carers.

By calling **1800 422 737** Monday to Friday, 8am-5pm, you can talk to a Carer Gateway service provider who will help you access services and support.

The dedicated Carer Gateway website ([carergateway.gov.au](https://www.carergateway.gov.au)) connects you with online support and information.

## Services available through Carer Gateway include:



### Coaching

Coaching provides an opportunity to reflect on how your caring role impacts your life and learn new ways to manage stress and improve your wellbeing.

- **In-person coaching** – meet one-on-one with a coach in your area.
- **Self-guided coaching** – undertake online interactive courses.



### Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person one-on-one counselling** – speak one-on-one with a professional counsellor in your local area.
- **In-person group counselling** – come together with other carers to discuss your situations in a safe environment with a professional counsellor.
- **Phone counselling** – speak with a professional counsellor over the phone from wherever it's convenient for you.



### Respite care

- **Emergency respite** – get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.
- **Planned respite** – plan for regular breaks to rest and recharge while respite services look after the person you care for.



### Peer support groups

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local carers, share advice and learn from each other in a safe space.
- **Online community forum** – join the online forum and be part of a supportive community with other carers.



### Online skills courses

Learn new skills for looking after yourself. Find out about new ways to deal with stress and legal issues, and improve your health and safety. Each course covers a different topic and you can complete them online at your own pace.



### Tailored support packages

Supports and services are tailored to help you in your caring role. You may be able to access:

- services or equipment to help with your continued education, for example, tutoring, educational supplies or training courses.
- planned respite, where a service provider steps in to take care of your family member or friend while you take a break.
- services and assistance with household tasks and transport.

## How do I contact Carer Gateway?

Call Carer Gateway on **1800 422 737** Monday to Friday, 8am-5pm, to speak with your local Carer Gateway service provider. Emergency respite is available 24 hours a day, seven days a week on the same number.

If you need information in a language other than English, call the Translating and Interpreting Service on 131 450.

If you are deaf, or have a hearing or speech impairment, you can call the National Relay Service on 133 677.

Online services and more information are available on the Carer Gateway website: [carergateway.gov.au](https://carergateway.gov.au)



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Connecting carers ●●●● to support services