# 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
* isn’t paid any money.

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.

You can take online courses at your own pace to 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
* talk about ways to help you feel better.

You might feel:

* stressed
* sad
* frustrated.

You can get counselling:

* in person
* over the phone.

### Respite care

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

Everyone needs a break from their day-to-day routine every now   
and then.

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.

### Connect with other carers

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

You can meet:

* in person
* online.

You might:

* share your story
* get tips and information
* learn from others.

### Online skills courses

You can learn new skills about caring 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 care for someone
* planned 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.

**Phone – 1800 422 737**

Monday to Friday 8 am to 5 pm

Website – [www.carergateway.gov.au](http://www.carergateway.gov.au)

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