

Having support can help if you're caring for your loved ones

Do you take care of someone close to you?

As part of your family, you might care for someone who **lives with disability, has an ongoing illness, is elderly.**

But, we don't always see ourselves as carers. We're just looking after someone close to us, like a child or parent, our partner, relative or friend. It's what we do. We do it out of love for our family and friends.

What makes someone a carer?

There are more than **2.65 million unpaid carers** in Australia. That's 1 in 9 people.

Every caring situation is different and a carer:

- can be young or old
- might look after someone living with disability, a medical condition, mental illness, or someone who is frail due to age
- can care for anyone – a parent, spouse, partner, child, sibling, friend or neighbour, or any other loved one
- may help their loved one with shopping, housework, cooking, transport, or provide emotional support.

It's OK to ask for help

Looking after someone else can be challenging. It's OK to ask for support.

Having support helps when you are caring for someone.

Unpaid carers often don't ask for help because they:

- don't think it's acceptable to ask for support
- don't think of themselves as a carer
- don't think they need support or services
- don't know about the in-language or culturally appropriate services that are available.

It's never too early or too late to get support. You can always make changes that will improve your health and wellbeing.

Carer Gateway

Carer Gateway can help you understand what support is available and right for you. You can access Carer Gateway in person, online or over the phone.

Carer Gateway is a free Australia-wide service that provides a range of support and local services. This includes culturally sensitive and some in-language services to improve carer wellbeing, skills and knowledge.

Services and support through Carer Gateway

Some of the services that you can access are:

Tailored support packages

Support and services are tailored to your unique situation and needs. This might include support to continue your education or training, planned respite and transport.

Planned and emergency respite

Respite care looks after the person you care for so you can have a break. You could use respite to take time for other activities, or when you get sick or hurt.

Counselling

Our trained counsellors can talk you through your situation, listen and help you, in person or over the phone.

Connect with other carers

We can help you get in contact with other carers. You can share stories, knowledge, and experiences and support each other, either in person or online.

Call Carer Gateway on 1800 422 737 or go to [CarerGateway.gov.au](https://www.carergateway.gov.au) to find out what we can do for you.

If you speak a language other than English, you can use the Translating and Interpreting Service (TIS). TIS is available 24 hours a day, 7 days a week, anywhere in Australia for the cost of a local call on 131 450.



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