

Do you know a carer who might need support?

Carers manage best when they have help and support.

There are almost 2.65 million unpaid carers across Australia. A carer can look after someone who lives with disability, a medical condition, has a mental health condition or is frail due to age.

Looking after someone else can be tough.

Helping carers get the support they need can make a big difference to their lives and improve their overall health and wellbeing.

Most carers don't ask for help.

The most common reasons people don't ask for support are:

- they don't have enough time
- they don't know that there is support available
- they are proud and don't like to ask for help
- they are worried about privacy.

How can you support a carer

Many carers are comfortable reaching out to friends and family for support.

You can support a carer by letting them know that it's ok to ask for help and telling them about Carer Gateway.

Tips for talking to a carer about getting support

Prepare for the conversation

You can do some research on Carer Gateway to find information about what services are available and how they can get help. You don't have to have all the answers. If you point them towards Carer Gateway, we can help from there.

Have information on hand

You can pull information from the Carer Gateway website, a factsheet or brochure, or Carer Gateway contact information to help your conversation.

Think about the best time and place

Asking for help can be hard but accepting help that you haven't asked for can be even harder. Think about where to have the conversation. Make sure you have it away from the person they care for and at a time that is convenient.

Be okay if they aren't ready to talk

This might be an overwhelming conversation for them. It's ok if they don't want to talk about it right now. This doesn't mean you should give up. Try talking with them again another time.

Carer Gateway is here to support you

Carer Gateway was designed by carers for carers. It provides a range of free support and local services to give carers the help they need.

Call Carer Gateway on **1800 422 737** or go to **CarerGateway.gov.au** to find out what we can do for you.

If you are more comfortable having a conversation in 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, and is accessible from anywhere in Australia for the cost of a local call on 131 450.



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