

# Support for Carers

**It's important to have support when you're caring for someone.  
But sometimes it's hard to know where to get help.**

Carer Gateway can show you what support  
is available and right for you.

## What is Carer Gateway?

Carer Gateway was designed by carers for carers. We provide a range of free support and local services to unpaid carers all over Australia.

We work with experienced service providers who put carers at the centre of what they do.

We're here to help, no matter where you live or who you care for.

## Services and support through Carer Gateway



### Tailored support packages

We tailor our support and services packages to suit your needs as a carer. This might include transport, cleaning, or support with your education.



### Planned and emergency respite

Respite is available when you need someone else to look after the person you care for. You might use respite so you can have a break, take time for other activities, or if you get sick or hurt.



### Coaching

With coaching you can learn new ways to manage stress and improve your wellbeing. Speak to a coach or access self-guided coaching online.



### Counselling

If you feel stressed, sad or angry, it can help to talk to a counsellor. Trained counsellors are there to listen and offer advice in person or over the phone.



### Connect with other carers

We can help you meet other carers online or who live nearby. By sharing stories and experiences, you can learn from and support each other.



### Online skills courses

Our free courses are full of information to help you as a carer. Get tips on providing care, communication, or even how to improve your sleep.

## Carer Gateway is here to support you

You can access Carer Gateway services in person, online and over the phone.

**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 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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