

**Carers,
we're here
for you**



What is Carer Gateway?

From April 2020, there will be a range of new free services and supports available for you when you are caring for someone. These can be accessed at the Carer Gateway website carergateway.gov.au.

The various services which are on offer can help you in your caring role, increase your skills and reduce the day-to-day strain of caring.

Services include:

- Carer support planning
- Tailored financial packages
- Counselling
- Peer support
- Coaching
- Emergency respite care.

Choices for how you are supported

Carer support planning

There are lots of great support services out there and it can feel overwhelming figuring out the best fit for your needs.

We can help by identifying the kinds of services which might be most useful and work with you to develop a simple plan for ongoing support.

Carer directed support

Practical assistance to ensure you have access to the resources you need when caring for someone, such as equipment, items to assist in your caring role, ongoing respite or transport.

Counselling

If you're feeling stressed or overwhelmed, you can talk it through in a series of one-on-one sessions with a professional counsellor.

Choices for how you are supported

In-person peer support

Get together with other carers to catch up, make connections and share stories, knowledge and experience.

Coaching

Spend time with a coach who can work with you on your needs. You can reflect on how life is for you now, how you would like things to be in the future, and how you might take steps towards your goals.

Emergency respite care

If something urgent or unforeseen happens that prevents you from being able to be there for the person you support, we can make sure the person you care for will be looked after.

Because carers deserve to be cared for too

Carer Gateway services have been designed based on evidence provided by carers, service providers and peak bodies to:

- 1.** Improve the quality of life of carers
- 2.** Target carers most in need of support
- 3.** Prioritise investment in a range of effective, practical services for people in a caring role

How do I access Carer Gateway services?

For more information you can contact Carer Gateway on **1800 422 737** or visit the **[carergateway.gov.au](https://www.carergateway.gov.au)**

You can also speak to someone at your local Carer Gateway service provider.



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