

SUPPORT FOR CARERS

ARE YOU A CARER?

You're not alone. We're here to help.

Did you know? More than one in eight Australians are carers. Of these carers, over 220,000 are providing care in South Australia.



At **UnitingSA** we value all carers and the support you provide to your family member or friend.

We're committed to working with carers to ensure the person they care for receives the services they need.

Are you a carer?

A carer provides care to a family member or friend who has a disability, mental illness, chronic or terminal illness, addiction, or is an older person with care needs.

Carers come from all walks of life. They can be of any age, from any culture, male or female, employed or not, living with the person or in separate homes.

A carer may not choose to become a carer — it can be something life chooses for them.

How can we help?

There are many services available to help carers in South Australia, but finding them isn't always easy.

Our experienced staff will listen to you and provide information and advice to connect you with the right programs.

We also offer a range of support services to help you in your caring role, including:

- counselling and emotional support
- NDIS (National Disability Insurance Scheme) services
- funding opportunities (No Interest Loan Scheme)
- aged care respite to give you a break
- bilingual, bicultural services (Ethnic Link Services)

**Get in touch with our friendly team
on (08) 8440 2200 to find out more.**



What can you expect from us?

We will provide you with:

- ongoing opportunities to ask questions and relay your concerns
- the opportunity to meet with staff on your own and discuss information confidentially
- support to ensure you are a valued member of the care team

In need of personal assistance?

It's important to look after your own wellbeing. Here are some services that can provide carers with counselling and advice:

- Carers SA **1800 242 636**
- Carers Gateway **1800 422 737**
- Independent Living Centres Australia **1300 885 886**
- Your local GP

For immediate counselling assistance, contact Lifeline on **13 11 14**.

Need an interpreter? Call the Translating and Interpreting Service on **13 14 50**.

Want to provide feedback?

At UnitingSA, we value your opinion and want to know what we're doing right and how we could do things better. You can provide feedback in person or online at unitingsa.com.au/contact.