

Carer Connect

Do you look after someone?

It may be your parents, your child with a disability, a sibling with mental health support needs or a relative or partner with a chronic health issue or age-related condition.

If you do, you are a carer

Indeed, 11% of Victorians provide unpaid care. More than one third have been assisting someone close to them for more than a decade.

The unpaid work of carers would cost Victorians more than \$20 billion to replace.

Carers need our support

Many people with a caring role do not identify as carers, and so do not benefit from the information, services, and supports they should have.

As an unpaid carer of a family member or friend, you may often overlook your own wellbeing while putting the needs of the person you care for first.

If you are a carer, you can get help and support from the government and other organisations.

Support available

- Opportunities for a break – respite or time off
- Practical support – assistance with chores or equipment
- Information, counselling and coaching
- Skills development
- Connection to other carers and to other services that can help you

Get in touch

Carers Victoria Carer Advisory Service – 1800 514 845

Information, advice and help to access the range of carer specific services available to all Victorian carers and supporters. For more information, go to <https://www.carersvictoria.org.au/>.

Support for Carers Program – Local services providing tailored and flexible support based on a carer's individual needs and circumstances.

To contact your local support for carers provider call the Carers Victoria Carer Advisory Service on 1800 514 845. For a list of providers you can contact directly, go to <https://www.vic.gov.au/support-carers-program>.

Carer Gateway – 1800 422 737

A national service, available to talk through what you need and link you to local services and supports to help you. For more information, go to <https://www.carergateway.gov.au/>.

All the above services provide free and confidential assistance. No visa restrictions apply and interpreters are available.

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