

Carer Gateway



Fact sheet



Easy Read version



What is Carer Gateway?



Carer Gateway provides services and support to unpaid carers across Australia.

An unpaid carer:



- takes care of a family member or friend
- isn't paid any money.

Carer Gateway provides services and support:



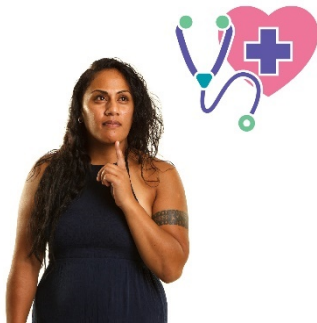
- in person
- over the phone
- online.

Can Carer Gateway support you?



Do you take care of a family member or friend:

- with disability?
- who is sick?
- who is older?



Does being a carer affect your health?



Does being a carer affect how much time you spend:

- at work?
- at school?
- with friends?



If you answered 'Yes' to any of these questions, Carer Gateway can help you.

Services through Carer Gateway



Carer Gateway can help you find services to:

- support you
- learn new skills
- meet other carers.

Coaching



Coaching is when someone helps another person to learn new ways to do things.



You can take online courses at your own pace to learn new ways to:

- take care of yourself
- manage your stress.

Counselling



Counselling is when you:

- talk to someone about how you think and feel
- talk about ways to help you feel better.

You might feel:



- stressed
- sad
- frustrated.

You can get counselling:



- in person
- over the phone.

Respite care



Respite is when someone else takes care of a person so that their carer can have a break.



Everyone needs a break from their day-to-day routine every now and then.



Respite is a good break for:

- carers
- the person they care for.

You can get:



- planned respite – a break to rest while a respite service looks after the person you care for



- emergency respite – if something urgent happens and you can't look after the person you care for.

Connect with other carers



You can meet new people who also care for a family member or friend.

You can meet:



- in person
- online.

You might:



- share your story
- get tips and information
- learn from others.

Online skills courses



You can learn new skills about caring for a family member or friend.



This could include things like:

- dealing with stress
- managing money
- helping with important documents.

Financial support



You may be able to get financial support to help you care for a family member or friend.

This financial support may include paying for:



- equipment to help you care for someone



- planned respite so that you can take a break



- transport.

Contact us



You can contact Carer Gateway to:

- find out more about these services
- use these services.



1800 422 737

Monday to Friday

8 am to 5 pm



www.carergateway.gov.au



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