

facts



'one in eight Australians (2.9 million people) are currently providing care.'

Taking on a caring role is a significant event that brings both rewards and challenges.

Current government policy is to keep people requiring care in their own homes for as long as possible.

Community care relies heavily on family or friends to give support.

Carer health and wellbeing is directly related to the amount of support received

It is important to support carers, so they will be able to manage all aspects of their life including their work responsibilities. To achieve this it is important that carers are aware of available support networks.

Government Legislation and Carers

State and National Carer legislation has been developed to promote the recognition and support of carers.

This legislation creates the carer recognition framework.

www.sa.gov.au/upload/franchise/Community%20Support/Final%20Carers%20Charter.pdf

www.fahcsia.gov.au/about/news/2010/Pages/carers_recognition_bill_2010_passed.aspx

For further information contact:

Carers SA 1800 242 636 www.carers-sa.asn.au

Carer Support 1800 052 222 www.carersupport.org.au

Websites The internet is a great resource for Carers.

Carer Support www.carersupport.org.au

The Carer Support website includes information for carers living in the South Eastern metropolitan area of Adelaide.

Carers Australia www.carersaustralia.com.au

Carers Australia website provides information on issues affecting carers across Australia. The website provides a link to Carers SA which includes relevant information to local carers.

Carer Support Network www.carersupportsa.org.au

The Carer Support Network website provides links to organisations providing carer services in metropolitan Adelaide, Adelaide Hills, the Barossa, the York Peninsula, the Fleurieu Peninsula and the Lower North.

Working Carers Gateway www.workingcarers.org.au

The Working Carers Gateway is a website designed to assist working carers manage employment and the caring role.



two hats...
too hard?

'Constantly switching roles from carer to professional... I'm always wearing two hats.' carer

who is a carer?

A carer is someone who is providing ongoing support to a family member or friend who has a disability or illness and can not live independently without assistance.



carers... myth or truth



Carers have an option.

Actually they don't. There is usually no choice and they feel it is their responsibility to take on a caring role.



Carers are only women.

Carers are not only women, 25 to 30% of people providing care are men.



I don't know any carers.

During every person's lifetime they will likely be a carer or need a carer.



There is no monetary value attached to caring.

The unpaid work that carers provide is estimated to be saving the government \$40 billion per year.

working carers six helpful tips to keep your hat on

1 Share the care

- share your experiences with someone you can trust
- speak up and let people know that the care needs to be shared
- let people know what they could do to help you
- get support from a carer organisation

2 Don't be afraid to ask for help

Carer Support and Carers SA are organisations that provide support to carers. They can assist you to manage the caring role by connecting you to support groups, counselling or respite.

3 Take time out for you

- plan to do something just for you each day
- be organised and spoil yourself

4 Look after your own health and wellbeing

- continue with activities you enjoyed prior to caring
- exercise regularly
- eat healthy meals
- get enough sleep and rest
- talk to your GP about your caring role
- practise relaxation

5 Plan ahead

- think about what has to be done
- list what you will do and when you will do it
- ask for help or advice, if needed
- if things don't work the first time, try again

6 Seek information

Keep yourself informed
– research information about the condition/s, services, respite and support networks.

