

Caring for Carers

SUPPORTING PEOPLE WHO LOOK AFTER SOMEONE

A carer is someone who looks after a family member or friend with disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail aged.



For more information on carers, visit multiculturalhealthweek.com or call **(02) 8753 5047**

For health resources in different languages, visit mhcs.health.nsw.gov.au