

Caring for Carers

Supporting people who
look after someone



Who are Carers?

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. They may look after a husband, wife, parent, child, grandparent, grandchildren, uncle, aunty, a neighbour or a friend.

Carer Gateway

Carer Gateway Services are for YOU as a carer and are independent of the services for the family member or friend that you support. Carer Gateway is a national online and phone service that provides practical information and resources to support carers. Carers can register for additional one on one support through the Gateway.

For support and advice, call 1800 422 737 (Monday to Friday, 8am to 5pm) or visit carergateway.gov.au.

Emergency Respite Care

For emergency Respite, you can ring 1800 422 737, 24 hours a day, 7 days a week.

Who are working carers?

Working carers are people who are in paid employment and also look after a relative or friend who is ill, frail, with disability or is ageing. They can work full-time, part-time, casually or manage their own business.

Who are young carers?

Young carers are children or young people up to 25 years of age, who help look after a parent, a sibling, a child or a grandparent, or even other relatives or a friend with disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail aged.

- Young Carers team at Carers NSW 02 9280 4744
- Kids Helpline 1800 551 800

Carers NSW

Carers NSW is a non-government organisation that supports and advocates for all carers in NSW.

Carers NSW provides:

- Referral to services
- Information and resources for carers and carer support groups
- Support for mental health carers
- Systemic advocacy
- Young Carer Program
- Education and training
- Carer representative program

For more information call Carers NSW on 02 9280 4744 or visit www.carersnsw.org.au

My Aged Care

Through the My Aged Care website older people, their families and carers can access information on government funded aged care services.

My Aged Care provides information about:

- different types of aged care services
- your eligibility for services
- help you find local services to meet your needs, you are able to select your own service provider
- the costs of your aged care services

Call My Aged Care on 1800 200 422 or visit www.myagedcare.gov.au



National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme (NDIS) provides individualised support for people under the age of 65 with permanent and significant disability.

The NDIS provides support to all eligible Australians ensuring people with disability and their families get the support they need when they need it. It also empowers the person with disability and their family to set their own goals and choose their own supports.

The NDIS provides an opportunity for people with disability to participate in social and recreational activities.

To see if you are eligible for the NDIS phone: 1800 800 110 or visit www.ndis.gov.au

Centrelink Assistance

If you are a carer you may be eligible for Carer Payment and/or Carer Allowance.

Centrelink assistance will depend on your income and personal circumstances.

Centrelink may provide help with:

- Concession cards e.g. Health Care Card
- Pharmaceutical Allowance
- Rent Assistance
- Telephone Allowance
- Utilities Allowance
- Special Disability Trusts
- Mobility Allowance
- Bills (through Centrepay)
- Pensioner Education Supplement

Call Centrelink on 13 27 17 or visit www.humanservices.gov.au/customer/themes/carers

To speak to Centrelink in your language call Multilingual phone service on 13 12 02 or visit www.humanservices.gov.au/customer/information-in-your-language

Your Legal Concerns

As a carer you may be responsible for the legal and financial matters of the person you are looking after. This responsibility can be overwhelming but it is important to plan for the future for your own security and that of the person you look after. It is also helpful to be organised for times of crisis or emergency.

Things to consider:

- Financial arrangements for both yourself and the person you looking after
- Who would help the person you are looking after if you were unable to do so due to illness or injury?
- Having an Emergency Care Plan in case something happens to you
- Advance Care Planning helps you and the person who you are looking after consider what type of health care they would want to receive if they became seriously ill, injured or unable to say what they want. Visit NSW Advance care planning <http://www.health.nsw.gov.au/patients/acp/pages/default.aspx>

There are a variety of legal arrangements that need to be made whilst the person being looked after is still able to make their own decisions, including:

- Wills
 - Power of Attorney
 - Enduring Power of Attorney
 - Enduring Guardianship
- Visit the NSW Civil and Administrative Tribunal www.ncat.nsw.gov.au

For general legal advice contact LawAccess NSW (free government telephone service) on 1300 888 529 or visit www.lawaccess.nsw.gov.au

