

# 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:



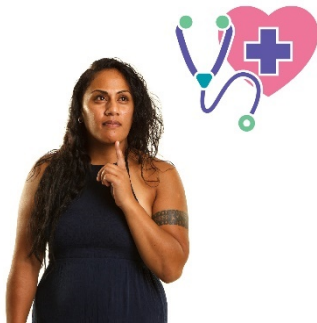
- in person
- over the phone
- online.

## 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:



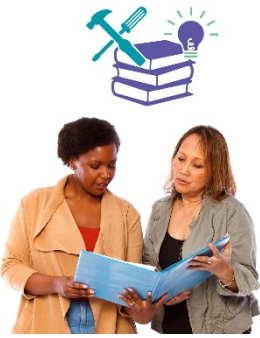
- in person
- online.

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](http://www.carergateway.gov.au)



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