

Do you regularly look after a family member or friend who is frail, ill, has disability or is an older Australian?

Do your caring responsibilities affect your ability to work, study or socialise?

Are you looking for some support to make your life easier?

If you answered yes to any of these questions then Carer Gateway can help you.



How do I contact Carer Gateway and the Carer Gateway Service Provider in my area?

Carer Gateway has a national website at www.carergateway.gov.au or you can phone **1800 422 737** Monday to Friday between **8am and 5pm**

If you call the **Carer Gateway** in the **NSW 1** region, the call comes directly to **The Benevolent Society** – your Carer Gateway Service Provider in Metropolitan Sydney (this excludes South West Sydney and Nepean). We are working in partnership with Your Side to cover this area.

NSW 1 regions include:

- Central and Eastern Sydney
- Inner West Sydney
- Western Sydney (part thereof)
- Northern Sydney



In partnership with *Your Side*

Connecting carers ●●●● to support services



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Where carers' needs are met.



carergateway.gov.au

What is Carer Gateway?

Carer Gateway is the Australian Government's national carer hub providing reliable services, supports and advice specifically for carers.

What is a carer?

Carers are people who look after someone who needs help with their day-to-day living. There are various types of carers working in different situations i.e. looking after someone with disability, mental illness, dementia, a long-term health condition, a terminal illness, an alcohol or drug problem, or someone who is looking after older Australians. Carers can be any age.

What services can carers access online?

Carer Gateway website
www.carergateway.gov.au

The following services are free:

- Digital counselling
- Online peer support community forum
- Online self-guided coaching
- Online carer skills course

What services can carers access through the Carer Gateway Service Provider?



Emergency Respite

If you experience an urgent, unplanned event, that temporarily restricts your ability to care for your loved one, we can organise emergency respite care for your care recipient.



Carer Directed Support

You can have a greater say and more control over the type of support provided for you and for the person(s) you are caring for through the Carer Directed Support - offered in two forms:

- 1. One-off Practical Support:** up to an amount of \$1,500 for the purchase of small asset items to assist carers in continuing necessary education.
- 2. Carer Directed Package:** a range of practical support to assist the caring role. The total value of the package is \$3,000 over a 12 month period.



In-Person Peer Support

You can connect with people in similar circumstances and decrease carer strain through connection and shared experiences.



In-Person Counselling

If you are feeling stressed, anxious, or depressed, you can access free short-term counselling services in person with a qualified counsellor.



Facilitated Coaching (available from 2021)

You can improve your skills and resilience needed for your caring role through this free psycho-educational service by engaging with a coach across a period of time via phone.