



An Australian Government Initiative

Information for Carers

About this information...

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged. Carers may be parents, partners, brothers, sisters, friends or children of any age.

Carers may care for a few hours a week or all day every day. Some carers are eligible for government benefits, while others are employed or have a private income.

Your state or territory has a Commonwealth Carer Resource Centre to provide you with information, referrals, support and resources.

The carer associations worked with carers, community organisations and the Australian Government to produce these resources for carers, with funding from the Department of Health and Ageing.

Your Commonwealth Carer Resource Centre has a lot more information for carers available on a range of topics. Ring your **Commonwealth Carer Resource Centre** on **1800 242 636*** to speak to one of our workers.

Information is available on:

- services in your area;
- financial entitlements;
- carer support groups;
- home help;
- where to find out more about medicines;
- support services;
- legal issues for carers;
- health and wellbeing;
- arranging breaks; and
- disease or condition-specific associations and organisations.



Some information is available for carers within specific communities.

COMMONWEALTH CARER RESOURCE CENTRE 1800 242 636*

*Free call from local phones, mobile calls at mobile rates.