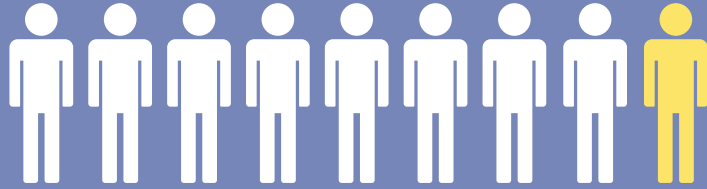


Introducing Carers SA

If you provide assistance to a family member or friend who is frail due to age, has a disability, a drug or alcohol related problem, dementia, experiencing mental illness or a long term medical condition,

Carers SA is here to support you



**1 in 9
Australians
are Carers**

- 11% of the Australian population are Carers
- Over 235,000 Carers are under the age of 25
- Nationally in 2020, unpaid Carers provided 2.2 billion hours of care, saving the Australian government \$77.9 billion annually

**In South Australia there are
245,000 unpaid Carers**

This includes up to 30,000 young Carers aged between 7-25

Who are Carers SA?

Carers SA has over 30 years of experience providing support, services and information to unpaid Carers.

In April 2020 Carers SA became the lead agency for supporting Carers in South Australia and is the Carer Gateway provider in South Australia.

The Carer Gateway is a large part of what we do at Carers SA, and in addition to this service we also advocate for Carers and provide other local services available to Carers in SA.

Carers SA is a statewide organisation and employs staff who are based across metropolitan Adelaide and rural and remote South Australia.

Carers SA has partnered with Skylight Mental Health, Life Without Barriers and NPY Women's Council, to provide essential Carer support and services.



An Australian Government Initiative

Connecting carers  to support services

What is the Carer Gateway?

A long consultation process with Carers and the sector resulted in the new Australian Government **Carer Gateway**, launched April 2020.

Carers SA is the Carer Gateway provider in South Australia, and provides these Carer Gateway Services:



Connect with other Carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person** – meet local Carers, share advice and learn from each other in a safe space.
- **Workshops** – Workshops are available on different topics aimed at connecting, supporting and empowering Carers.



Financial support

Get financial support to assist you in your Caring role.

Financial support packages:

- one-off practical support in the form of equipment or an item to assist you in your caring role.
- a range of ongoing practical supports, such as planned respite or transport, provided over a twelve-month period.

To find out how **Carers SA** can help you call **1800 422 737**



Coaching

Coaching can be up to 6 x 1 hr sessions and discussions can be around anything the Carer wants to focus on including:

- Health and wellbeing.
- Understanding inclusion and advocacy.
- Exploring the emotions of caring.
- Exploring how the caring role can change over time.
- Navigating the day to day challenges of the caring role.
- Exploring how to build and maintain mutually supportive relationships.
- Work, study and volunteering.
- Exploring the financial implications of the caring role.



Counselling

If you're feeling stressed, anxious, sad or frustrated, a professional counsellor can talk with you about your worries and offer help.

- **In-person** – speak one-on-one with a professional counsellor in your local area.
- **Online counselling** – speak with a counsellor online in the comfort of your own home.



Emergency Respite

Get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example if you are ill or injured.



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