Tips for Carers

- Look after yourself physically and emotionally. Try to get enough rest, exercise and eat regular healthy meals.
- Where possible share the care with family, friends and community services.
- Social support is important in coping with stress and feelings of isolation. Sharing your experiences with someone you trust can help. When feelings and concerns are shared, the experience of caring can seem less isolating.
- Consider joining a carer support group to meet other carers and take time out from your caring role.

A TOP 5 is used by health staff to record carers advice about ways to help a patient and personalise care.

Ask health care staff for a TOP 5 brochure if the person you are caring for has:

- Memory or thinking problems
- Communication difficulties or problems with speech due to a health condition (e.g., after a stroke)
- vision or hearing problems
- a disability

Valuing Carers

Western NSW Local Health District values and acknowledges carers as partners in health care.

We are working toward creating a carer friendly health service and welcome your stories and feedback regarding your experience as a carer in our health facilities.

Contact us

For further information about the availability of services and resources for carers, or to provide feedback, please contact:

Lyndall Jones  |  6809 8707  
Carer Program Coordinator  
lyndall.jones@health.nsw.gov.au

Antonia Hynes  |  6378 6280  
Carer Program Coordinator  
antonia.hynes@health.nsw.gov.au

www.wnswlhd.health.nsw.gov.au

Information For Carers

Support and services for carers of a person with a chronic illness, disability, mental illness, age related frailty, or other illness.

We acknowledge that we are on Aboriginal land; we pay our respects to the traditional custodians and pay our respects to Elders both past and present.
Are You a Carer?

Do You
Provide support to someone with a chronic health condition, disability, mental illness, age related frailty, or other illness?

Are you
A family member, partner, friend or a neighbour that provides support?

Do you
Assist the person with any of these activities: personal care such as showering or dressing, mobility, transport, emotional support, meals, communication, medication, housework or assistance with the management of finances?

If you answered yes to these questions – then you could be a carer. Anyone, at any time throughout life can become a carer. Carers can be any age and come from a range of cultural backgrounds. Caring may also involve balancing full or part time work responsibilities.

Who Can Help
Caring can be a rewarding experience but it can make many demands on you. These demands may be physical, financial and/or emotional.

Working out where to get help can sometimes be difficult. The following services can help you get started. They can provide you with the information, support and links to local services.

National Carer Gateway: 1800 422 737
The Carer Gateway is an online and phone service that provides practical information and a wide range of resources to support carers.
www.carergateway.gov.au

Commonwealth Respite and Carelink Centre: 1800 052 222
- Information about local services that assist older people and people with a disability and their carers to continue to live independently. Examples of services include: meal services equipment, domestic assistance, transport, home maintenance, and personal care.
- Information and advice about respite options and support for carers in their local area, e.g. dementia respite.
- Short term, planned and emergency respite for carers. Emergency after hours respite may be available for short periods depending on the situation and need.

Carers NSW Carer Line: 1800 242 636
Carers NSW can provide information, referrals and advice about carer support and services throughout NSW including access to counselling and emotional support and a free carer information kit.

Centrelink: 13 27 17
Financial support for carers including carer payments and carers allowances.

Young Carers NSW Program: 1800 242 636
The young carer program supports and connects young carers through providing information and referrals, emotional support, access to counselling and news about young carer state wide events, outings and workshops.

Family and Carer Mental Health Program
Orange: 6360 8000
Dubbo: 0419 869 961
Support for carers, families and friends of someone living with a mental illness.

Working Carers
Information and resources are available for carers who work either full or part time, and are juggling the responsibilities of a caring role with working.
www.workingcarers.org.au

WORKING TOGETHER FOR A CARER FRIENDLY HEALTH SERVICE
Western NSW Local Health District values carers as partners in health care and supports the NSW Carers (Recognition) Act 2010