

Carers Victoria



supporting family carers



anyone, anytime

At some time in our lives, most of us will either be a carer or need a carer.

Family carers come from all walks of life. They can be any age, any culture, male or female, working or not working, living in the city or the country.

Family members and friends may provide care for someone with a disability, mental or chronic illness, or who is frail aged.

Some carers drop in to help with shopping and bill paying. Others live with the people they care for and provide 24 hour care, seven days a week.

Some carers receive Centrelink payments, while others do not. Some carers get help at home from services. Others do not.

Most carers would say that they did not choose this role – it just happened.

There are over 700,000 family carers in Victoria.

Anyone, anytime.



representing family carers

Family carers save the Australian government around \$30 billion per year, yet many carers are in poor health, and face financial hardship and social isolation.

To improve the lives of carers we need: changes to the way the community sees caring; reforms to our income support, taxation and superannuation systems; and better services for carers.

While most carers would agree that these changes need to happen, most can't spare the time and energy from their caring role to push for these changes.

That's where Carers Victoria comes in.

We work to build awareness of carers' needs and issues. We do this through our research and policy submissions, by representing carers in meetings with politicians and policy makers, and by working with the media.

We work to build stronger caring communities.



supporting family carers

Sometimes carers need help too.

Carers Victoria offers a range of services and programs to help caring families.

Information, counselling, workshops, referrals to other services and supports. We can help you find the support you need to keep on caring.

We are also continually improving and developing our programs and services to meet the changing needs of carers. And we set an example of carer-friendly practice to other services.

So when you are busy caring for someone else, we are here to care for you.



carer advisory line

Getting started.

It's good to know there are services available to help carers. But finding out about them is not always easy.

That's where our Carer Advisory Line can help.

Our experienced staff will listen to you and can provide information and support to help you in your caring role. We can also connect carers to a range of services, including:

- referral
- counselling
- carer education
- local services

Help is just a phone call away. Contact our Carer Advisory Line on 1800 242 636*

*Freecall except from mobile phones



carer counselling

Are you so busy caring for someone else that you are neglecting your own needs?

There are times when caring can leave you feeling sad, stressed, guilty, or confused.

If you have a lot on your mind, talking it over can help.

The Carer Counselling Program is specially designed for carers. Our counsellors understand the difficulties that carers face, and are focussed on helping you to manage your caring role.

Counselling can be arranged at our office, over the telephone, or somewhere closer to your home. We can also arrange counselling sessions in your preferred language.

Isn't it time you looked after yourself too?



carer workshops

Our free carer workshops can help you to balance your caring role.

Our workshops are an opportunity to explore the impact of caring on your emotional and physical health and wellbeing, while gaining useful information and practical tips.

Carers who attend our workshops often comment that they feel empowered by the new skills they have learned.

Ask for a copy of our **Just for Carers** brochure to see the range of workshops on offer.

Service provider training

We also offer professional development and accredited training for health and community service providers.

Our quality training is designed to enhance skills to help support workers and health professionals to work more effectively with caring families.





respite connections

supporting family carers in melbourne's west

There are times when carers just need a break.

Respite can provide a much needed break from the caring routine – time to get other things done, to have fun with the family, or simply to relax and recharge your batteries.

Carers Victoria Respite Connections is a free service to help family carers living in Melbourne's west.

With a wealth of local knowledge, our experienced staff will listen to you and can connect you to information, services and respite to help you manage your caring role.

Don't live in the west?

Commonwealth Respite and Carelink Centres operate throughout Australia.

To contact your local centre,
call 1800 052 222*

*Freecall except from mobile phones



membership

Join today and help us to build a better future for carers in Victoria.

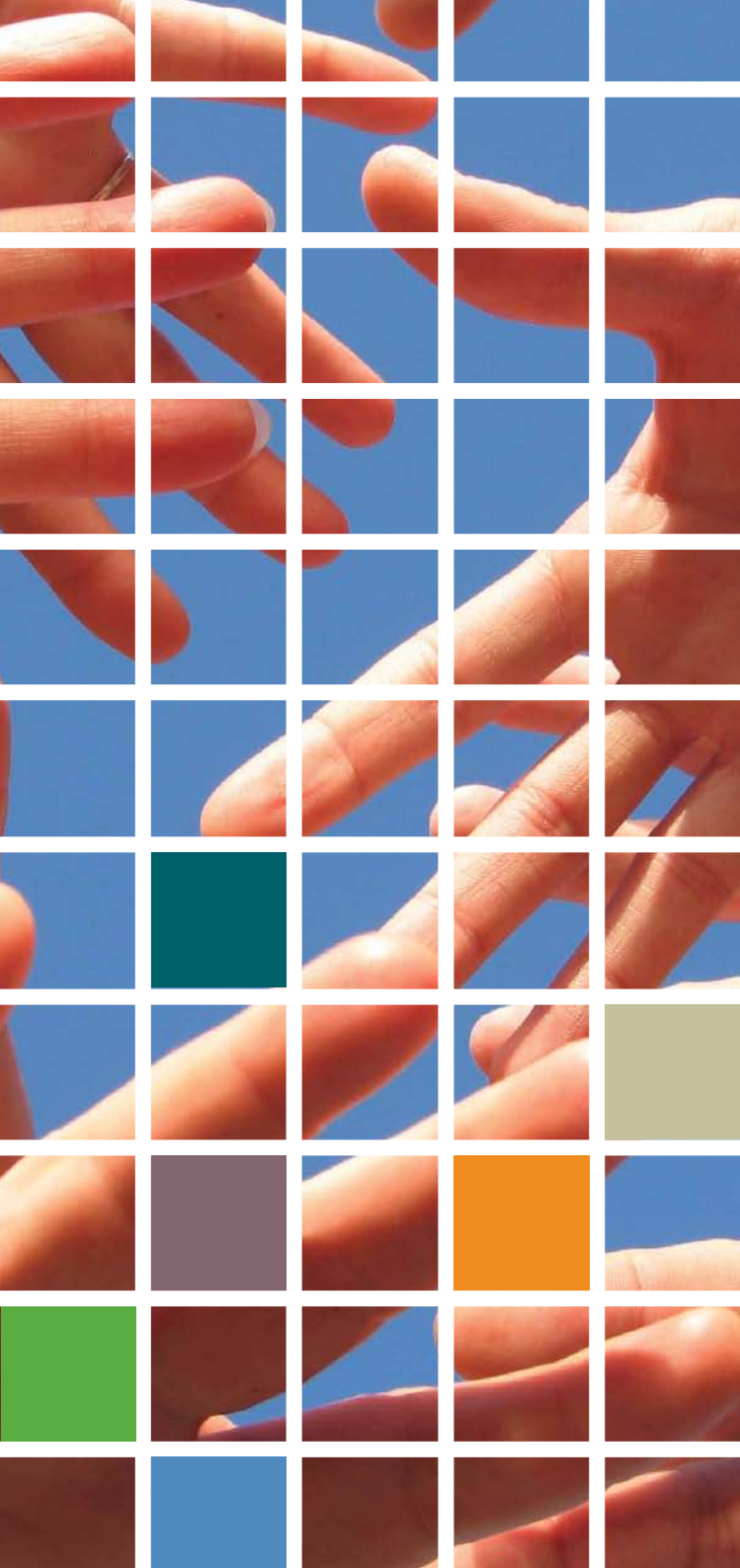
As a member you can help us to advocate for better recognition and more services for carers.

Members receive:

- A quarterly newsletter with all the latest carer information, carers tips and stories
- Access to our Library which specialises in information just for carers (with a free mail out service for carers)
- Invitations to exclusive member events
- Opportunities to win special member prizes.
- Member discounts from our partners and supporters

Membership is free for carers, former carers and carer support groups. You can also show your support by joining as an interested person or an organisation.

To find out more contact our Membership Team on 03 9396 9500, or email membership@carersvic.org.au





Carers Victoria

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Carer Advisory Line 1800 242 636 (Freecall except from mobiles)

E reception@carersvic.org.au

www.carersvictoria.org.au

Do you need an interpreter? Call 131 450 (local call costs apply)

Carers Victoria receives funding from the Victorian Department of Human Services and the Australian Departments of: Health and Ageing; Families, Housing, Community Services and Indigenous Affairs; and Veterans' Affairs.

Carers Victoria is a not-for-profit organisation (Donations of \$2 and over are tax-deductible)

We are grateful for the generosity of individuals, trusts and foundations, businesses and corporations who value and support our work with family carers.