



Caring in the spotlight this October

17 October 2010

There are more than 700,000 family carers in Victoria providing care and support for loved ones with a disability, mental or chronic illness, or who are frail aged. October 17-23 is Carers Week, a time to recognise and celebrate the contribution these carers make to communities across Australia.

Carers Victoria CEO, Maria Bohan, says, "Carers save the Federal government \$30.6 billion every year, and yet their contribution is too often overlooked. This Carers Week, we're encouraging everyone to recognise and celebrate the carers in our community"

This year, carers will gather all over Victoria – Swan Hill to Sale, Warrnambool to Wangaratta - to celebrate Carers Week. For them, it is an opportunity to come together and support one another, learn more about the services and supports that are available to them, and share ideas and information.

It's also a time to raise awareness. This year, Carers Victoria is emphasising the universal but often hidden nature of caring. We highlight figures from history who are famous for many things... and who were also carers. Among them: Queen Victoria, Albert Einstein and Eleanor Roosevelt.

Ms. Bohan continues, "Caring can happen to anyone, anytime – it does not discriminate. It can happen overnight, or over years. If we can acknowledge and support caring at a community level, we can move towards creating a society in which caring involves less risk and cost to individuals and families. We must learn to share the care."

Carers Victoria's services

Carers Victoria offers a range of services and programs for carers including specialist information, counselling, carer workshops, and referrals to other services and supports.

For more information contact the Carer Advisory Line on 1800 242 636.

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***Carers Victoria is the statewide voice for family carers,
representing and providing support to carers in the community.***