



# Who is a Carer?

A carer is someone who looks after someone who wouldn't be able to live alone without help. In other words, the person cannot live independently.

Some of the things that a carer does to help the person might include: taking the person to the Doctor, helping them to shower or dress, giving them their medicines, cooking for them, cleaning for them, helping them to get around, always being there to keep an eye on them. A carer does things like this every day.

A carer can be a parent, a brother or sister, an aunt or uncle, a nephew or niece, a son or a daughter, a husband or wife or partner or a close friend or neighbour.

The person they are looking after could be diabetic or have a severe health problem and need someone with them all the time. They could be someone with a physical disability or an intellectual disability or they could have a mental illness.

When you are caring for someone it is easy to become tired or feel guilty about going out or wanting to do something for yourself. Often Aboriginal carers are looking after more than one person and so it is really important to try and look after yourself as well.

It is important to know that there is help available and that getting some help does not mean that you cannot cope. It is important to look after yourself so you can keep looking after the person you care for. Contact your local Aboriginal Worker and get them to help or ring the **Commonwealth Carer Resource Centre on 1800 242 636\***.

# Who is a Carer?

Getting help like arranging for a break means that you will feel better and less tired or stressed.

Contact your local Aboriginal Worker and get them to help or ring the **Commonwealth Carer Respite Centre on 1800 059 059\***

**There are services that can help carers.**

Some of these are Aboriginal and some are non-Aboriginal. Some can provide help in the home and others provide a place where the person can go for the day and meet other people and be looked after while you have a break. (See Do You Need a Break Fact Sheet)

## **Financial Help**

You may be able to get some financial help for being a carer.

To find out more ring the **Commonwealth Carer Resource Centre on 1800 242 636\***

## **Carer Support Groups.**

These groups are for carers and the idea is to get together once a fortnight or once a month to have a yarn about things and support one another. Sometimes, other carers have good ideas that can help you as well. Often, these groups arrange for workers from different services to come in and talk with carers about what their service can do for them and this is a good way to find out first hand what the service is like. (See the Carer Support Groups Fact Sheet).

To find out where your nearest Carer Support Group is, ring the **Commonwealth Carer Resource Centre on 1800 242 636\***

*\*1800 242 636/1800 059 059 Free call except from mobile phones. Mobile calls at mobile rates.*