



## EMPOWERING YOU

- Educational workshops
- Health and well-being activities
- Counselling focused on the impact of your caring role
- Financial counselling
- Carer support groups
- Information and support to find appropriate services

To find out how the Support for Carers Program can be tailored to suit your needs, phone 1800 514 845.



## ACCESS OUR SERVICE

To access our service there is no formal referral process. It doesn't matter if the person you support is receiving a Home Care Package or NDIS funding, you are still eligible. Simply phone us on **1800 514 845**, it's that easy!

[www.carersvictoria.org.au/supportforcarers](http://www.carersvictoria.org.au/supportforcarers)



Carers Victoria acknowledges the traditional owners of this land and pays respect to elders both past and present.

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Carers Victoria  
Level 1, 37 Albert Street Footscray VIC 3011  
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The Support for Carers Program is supported by the Victorian Government.



Carers  
AustraliaVIC



## DO YOU LIVE IN THE WESTERN METROPOLITAN AREA AND ARE LOOKING AFTER SOMEONE?

Support for Carers Program



## SUPPORT FOR CARERS

Carers Victoria provides a range of flexible options to support you in your caring role and aim to help you live a fulfilling life.

As an unpaid carer of a family member or friend, you may often overlook your own wellbeing while putting the needs of the person you care for first. It may be your parents, your child with a disability, a sibling with mental health support needs or a relative with a chronic health issue or age-related condition. You could even be a young person under 25 caring for a family member while trying to juggle your study and social needs.



## OPPORTUNITIES FOR A BREAK

- Respite options during the day and overnight
- Qualified and experienced paid staff to support the person you care for at home and in the community
- Recreational and social activities such as brunch groups, walking groups, movie groups and social events
- Group day trips
- School holiday programs



## PRACTICAL SUPPORT

- Some domestic assistance
- Garden maintenance
- Simple home modifications, such as hand rails
- Financial assistance with transport
- Funding towards specialised equipment

