



AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

**ARE YOU LOOKING  
AFTER SOMEONE?  
LET US HELP**



## ARE YOU LOOKING AFTER SOMEONE? LET US HELP

Did you know one in eight Victorians has a caring role?

Anyone at anytime can become a carer.

A carer provides unpaid care to a family member or friend who has a disability, mental illness, chronic condition, terminal illness, addiction or is an older person with care needs.

Everybody knows somebody who cares.

A carer may not choose to become a carer; it can be something that life chooses for them.

Carers Victoria is a not-for-profit organisation providing advice, information and support to unpaid carers to improve their health, wellbeing, capacity and resilience. We also offer tailored services for young people (aged up to 25) who are in a caring role.

We operate a number of state-wide services which are available to help carers navigate the different challenges they may face.

**“I NEVER THOUGHT OF MYSELF AS A CARER – I WAS JUST HELPING MUM. BUT ONCE I IDENTIFIED WITH THE ROLE I REALISED THAT I COULD GET SOME HELP.”**

## GETTING STARTED: CARER ADVISORY LINE

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

Did you know help is just a phone call away? Phone the **Carer Advisory Line on 1800 514 845**.

Our experienced staff will listen to you and help you navigate the supports available to you in your caring role.

**“THEY LISTENED TO ME; THEY WERE WILLING TO TALK TO ME, ANSWERED MY QUESTIONS, GAVE ME INFORMATION AND OFFERED ADVICE.”**

We can also connect carers of all ages to a range of services, including:

- support services
- counselling
- funding opportunities
- carer education, and
- respite services.

The Carer Advisory Line is available Monday to Friday, 8.30am to 5.00pm.

You can also find helpful information on our website **[www.carersvictoria.org.au](http://www.carersvictoria.org.au)**







## TALKING IT OVER: CARERS COUNSELLING

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

Our professional counsellors understand the difficulties carers face, and are focused on helping you manage your caring role.

Counsellors will be respectful, will listen and focus on what is most important to you.

**“COUNSELLING HELPED ME TO SLOWLY REGAIN MY CONFIDENCE, STEP BY STEP. I REALISED I HAD THE ABILITY WITHIN TO REGAIN CONTROL OF MY LIFE.”**

Counselling can be arranged at the Carers Victoria office, over the telephone, via video or somewhere near you.

Counsellors offer individual, family and group sessions.

Our counselling program offers up to six sessions which are confidential.

Please discuss the option of accessing counselling in your preferred language with our counsellors.

Find out more by phoning our **Carer Advisory Line on 1800 514 845.**

## **INCREASING YOUR SKILLS: EDUCATION SERVICES**

Carers Victoria offers carer workshops and educational programs. These are designed to enhance your knowledge about how to support your own health and wellbeing as well as supporting the person you are caring for.

Through our Education Services you will gain practical advice about your caring role.

To see the latest sessions available, visit [www.carersvictoria.org.au](http://www.carersvictoria.org.au)

**“I LEARNT A LOT ABOUT  
HOW TO TAKE CARE OF  
MY WIFE AND MYSELF...  
I ALSO GOT TO MEET PEOPLE  
IN A SIMILAR SITUATION  
AND SHARE STORIES.”**

Carers Victoria has developed a series of 'Wellness' videos available online.

They cover topics such as:

- Mindfulness
- Creativity and wellbeing
- Barriers to self-care

You can access these online via the Carers Victoria Facebook page

[www.facebook.com/CarersVictoria](http://www.facebook.com/CarersVictoria)

While you're there, 'like' our page and you'll be up to date with news, events and resources available at Carers Victoria.







## TAKING A BREAK: RESPITE SERVICES

There are times when carers just need a break.

**“AT FIRST I FELT GUILTY, BUT THEN I REALISED THAT I WAS BETTER AT TAKING CARE OF MY MUM WHEN I RETURNED FROM A LITTLE ‘ME’ TIME.”**

The services which enable this break are broadly referred to as ‘respite’ and include in-home help provided by a support worker, recreation-based activities and assistance with special equipment.

The services may also include ‘residential respite’ where the person you care for has a short-term stay at a facility.

Carers Victoria recognises that all individuals and caring situations are unique.

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.

Connect with your local respite service by phoning our **Carer Advisory Line on 1800 514 845**.

## **BE INVOLVED: BECOME A MEMBER**

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

You can help us advocate for better services and recognition for carers in our community, while keeping up to date on latest information.

Carers Victoria membership is for carers, former carers and Carer Support Groups. Interested persons and organisations are also welcome to join.

**“I FEEL LIKE MY VOICE IS BEING HEARD AND I AM PART OF A BIGGER COMMUNITY. IT FEELS GOOD TO KNOW THAT I AM NOT ALONE.”**

Members receive:

- Carers News magazine in digital format with all the latest carer information, carers tips and stories
- Carers Victoria ‘Voice’ monthly ebulletin
- invitations to special events, and
- member offers.

Find out more about Carers Victoria membership by phoning **1800 514 845** or visiting **[www.carersvictoria.org.au](http://www.carersvictoria.org.au)**







## **JOIN A COMMUNITY: CARER SUPPORT GROUPS**

Often people find it helpful to talk to their peers – people who can relate to their situation, offer practical advice based on experience, and help them feel less alone.

### **Benefits of joining a group**

Support groups are made up of carers of all ages with common needs and experiences. Members help each other in many ways:

- **Emotional support** – you may find it a relief to talk things over with people who understand the pressures of caring but are not involved with you, the person you care for or your family.
- **Practical information, tips and resources** – most support groups share information about local services and supports, medical treatments and research, or tips to help make caring easier.
- **New friends** – many carers find that the demands of caring make it difficult to keep in touch with friends and family. Regularly getting out to a support group can expand your social circle and help you feel less alone.

Find out more by phoning our

**Carer Advisory Line on 1800 514 845.**





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