



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



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

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Carers VIC
Australia



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

Support for Carers Program



The Support for Carers Program is supported by the Victorian Government.



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

