

**what carers
do every day is
truly incredible**



**They care for others
We care about them**

truly **incredible** care



About Carers Victoria

Carers Victoria is the peak body representing all family and friend carers in Victoria.

We are a social purpose peak body with a charitable focus, supporting and empowering unpaid carers in Victoria. We take pride in championing all unpaid carers across Victorian communities regardless of the nature of their caring role or the needs of the care recipient.

We provide services and advice for carers in the Melbourne Western Metro region, as well as education workshops, programs and events across the state.

Our purpose is to ensure caring is the joint responsibility of community, government and family. As the only whole-of-state organisation representing Victorian carers, we are in a unique position to understand, influence and affect change across all aspects of our communities.



What we do:

- › Education workshops and training for carers and service providers
- › Programs and events across the state
- › Advocacy through our membership program
- › Work with government, other peak bodies, service providers, and private organisations to breakdown barriers and system complexities
- › Carer services for the Melbourne Western Metro region



Become a member of Carers Victoria

**Join our community and help us
make a difference in the lives of
Victorian carers.**

We invite you to join Carers Victoria's free membership program. Membership is open to carers, former carers and supporters.

Membership benefits include:

- › Exclusive invitations to events and workshops
- › Championing the voice of carers
- › Staying informed with our monthly eBulletin 'The Voice'
- › Special member offers and discounts

To learn more, visit our website
www.carersvictoria.org.au/membership



Training and Workshops

Carers Victoria's education sessions support carers and service providers to:

- › Develop skills to support their caring role
- › Gain knowledge to navigate complex support service systems
- › Enhance health and wellbeing

Topics

Topics are divided into categories to help you find what you are looking for:

- › General information and skills
- › Legal and financial
- › Disability and Aged Care
- › Mental health and carer health and wellbeing

To find out what's on visit:
www.carersvictoria.org.au



Support for Carers Program

The *Support for Carers Program* focuses on person-centred care and supports. Carers Victoria provides tailored options to support you in your caring role:

Opportunities for a break

- › Respite options during the day and overnight, either in-home or in the community
- › Recreational and social activities and school holiday programs

Practical support

- › Basic domestic help including home modifications and gardening
- › Financial assistance with transport and specialised equipment



Empowering you

- › Training and workshops
- › Health and wellbeing 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.



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Carers Victoria acknowledges the Traditional Owners of the land on which we work, the people of the Kulin Nation and pays our respect to Elders past, present and emerging. We acknowledge the continuing connection to land and waters. Sovereignty was never ceded.

truly **incredible** care