# Carers Victoria: 30th Anniversary Campaign

## 30 Stories: Question Prompts

1. Who do you care for? What is your relationship to that person and what are some of the caring tasks you do?
2. What are your earliest memories of the person you care for?
3. What is it like to be a carer and what is the most important thing that you have learnt through caring?
4. Can you recall a story that you could share about your caring journey that you think would resonate with other people in our community who care for someone?
5. How do you manage to balance caring with time for yourself?
6. Do you have any family members who support you in your caring role? If so how?
7. What is one piece of advice you would give to yourself at the start of the caring journey?
8. If you could change one thing about the support available to carers, what would that be?
9. How would you describe your connection with the support services available to you, like Carers Victoria? Can you describe what it means to you to have that service?
10. Is there anything else you would like to share?