

Assisting and empowering you in your caring role

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

- › Develop skills to support their caring role
- › Identify services and supports for carers
- › Gain knowledge to navigate complex support service systems
- › Enhance health and wellbeing
- › Build connections between carers

Carers Victoria run events, activities and other programs for carers which our regularly updated on our website www.carersvictoria.org.au/WhatsOn

Some carers find it helpful to connect with other carers in their local area. Find a Carer Support Group near you www.carersvictoria.org.au/CarerSupportGroupDirectory

To find out more about how we can assist you or someone you know in a caring role, phone **1800 514 845** or email reception@carersvictoria.org.au



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www.carersvictoria.org.au

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

Carers Victoria Supporting and Empowering Unpaid Carers





About Carers Victoria

Carers Victoria is the peak body representing all unpaid carers in Victoria. Our mission is to ensure all unpaid carers are recognised, valued and supported.

As the only statewide organisation that focuses on the needs of all unpaid carers, we take pride in assisting carers across the state and championing the voice of all unpaid carers - regardless of the nature of their caring role or the needs of the care recipient.

We are the expert source of information about unpaid carers. We produce data, reports, and other materials to build understanding of the critical role that unpaid carers play across Victoria and advocate for the changes to systems, services and supports that they need.

What we do

Carers Victoria works with government, other statewide organisations, service providers, and private organisations to improve supports for carers and ensure their voices are heard.

An expert source of information and assistance for all Victorian carers, Carers Victoria operates a free Carer Advisory Service (1800 514 845) and maintains up-to-date information and advice for carers via regular newsletters and our website.

Connecting carers with each other is a critical part of what we do, through a statewide program of events, education workshops and other programs. For carers living in Melbourne's West, we are also able to provide access to a range of local, government-funded support services. Additionally, we deliver education workshops to carer support group leaders and service providers across the state.

It's quick and easy to connect to Carers Victoria

Join our community so that you can get the information and assistance you need and connect to others in caring roles.

Anyone who is in a caring role can join Carers Victoria for free, and by connecting to us you'll get regular information and opportunities to access free events, workshops and other activities and assistance specifically tailored to carers. You will also have access to discounts on a range of goods and services.

As a part of our community, you will have the chance to have your say about your experience as a carer and what carers need.

To learn more, go to www.carersvictoria.org.au/Membership