

Here at Carer Support, we know that it can be challenging to care for a family member, friend or neighbour with a chronic illness, disability, mental illness or who is frail aged. Responding to those who need you, as well as juggling work and family life, can mean there isn't much time for you.

But if something happens to you, how will the person you care for cope? When family carers struggle, everybody struggles. That's why it's important for carers to have support too.

Carer Support provides support to carers in the South and East Metropolitan areas of Adelaide. We aim to provide you with services that meet your practical needs as a carer and your well-being needs as an individual. We do this in three important ways:

Respite

Short breaks for yourself or the person you care for and assistance in emergencies.

Information

Help with navigating available services.

Support

Activities and outings, phone counselling and home visits, education workshops and support groups with other carers.

*You care for someone,
we care for you.*



If you are caring for someone and you live in the South or East metropolitan areas of Adelaide why not drop in or give us a call? You might be surprised at the range of support available to you.

Carer Support Glandore Centre

770 South Road
Glandore SA 5037

Phone (08) 8379 5777

Carer Support Campbelltown Centre

10 Newton Road
Campbelltown SA 5074

Phone (08) 8206 0777

Carer Support Morphett Vale Centre

241 Main South Road
Morphett Vale SA 5162

Phone (08) 8329 5888

Fax (08) 8379 8777

contact@carersupport.org.au
www.carersupport.org.au

FREECALL™

1800 052 222

**For information and respite including
emergency respite
outside standard business hours**

*Carer Support has been providing
professional, trusted services to carers
for over 20 years.*

Carer Support and Respite Centre inc. trading as Carer Support.



you care
for
someone
we care
for you

Supported by the
Australian Government


hacc
home and community care
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

Can I register with Carer Support?

If you care for someone and you live in the Southern or Eastern metropolitan areas of Adelaide, South Australia you can register with Carer Support.

You do not need to be registered with Centrelink as a carer in order to access our support and our provision of services will not affect any other services you may have in place with other agencies.

If you care for someone

- ▶ with an intellectual disability
- ▶ with autism spectrum disorder
- ▶ with a physical disability
- ▶ with a mental illness
- ▶ with a chronic physical illness
- ▶ who is frail-aged or has dementia
- ▶ who needs palliative care

then we're here for you.

How much will it cost?

Most of our services are free or low cost because we are funded through State and Federal Governments to provide services to you.

Who says you have to do it alone!



Respite

When you need a break from your caring role, or you require emergency relief from your caring duties, our Respite Team is a phone call away. We specialise in occasional, short term and emergency respite. Your individual situation will help to determine which respite is right for you, such as short term out-of-home care, in-home care, or someone to take the person you care for to appointments or activities. Your reasons for needing respite may be as varied as family or work commitments, a medical emergency, shopping or even just a break. It's all a part of providing you with a relevant service that makes it easier for you to care.

Our Respite Team is a phone call away.

Information

Have you found it difficult to find services for yourself or the person you care for? Our Information team can help you through the maze of services and their various criteria. We listen to your individual situation and suggest appropriate services, their eligibility guidelines, advise on any assessments required and provide you with contact details. Services such as household help, meal provision or personal nursing are out there! Give us a call, let us help you find them.

Our Information Team can help you.

Support

Who says you have to do it alone! Caring is easier when you have support and we provide opportunities to tap in to a network of people in the same situation as you. Carer Support coordinates small groups for those who want to connect and share their experiences. Activities, overnight breaks and outings are also provided throughout the year to enable carers to have some time out. We also run educational workshops to assist with coping, life planning, good carer health and developing personal well-being. Our Support Team provides more intensive follow up during difficult times when you need a personal phone conversation.

Our Support Team provides follow up.

Providing service that makes it easier for you to care.

Do you have specific needs?

Perhaps one of these programmes would interest you.

- ▶ Young carers from 5 to 25 years of age can benefit from tutoring, activities and camps through our Raw Energy programme
- ▶ Male carers have a great time at activities such as the footy, fishing, or lunches with other men who also provide care
- ▶ Parents of a person with a disability can access help with planning for the future
- ▶ Our Mental Health programme supports carers of people with a mental illness
- ▶ Carers who work can take advantage of out-of-hours activities
- ▶ Parents of children with disability can access support groups
- ▶ We support carers of varying nationalities through respite, groups, information and activities
- ▶ We provide services specifically for carers of a person with intellectual disabilities and/or autism spectrum disorder