Are you a Carer?

Family carers come from all walks of life. They can be: of any age, from any culture, male or female, employed or not, living in the city or the country.

Family carers provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, drug or alcohol issue, or who are frail.

Many carers live with the people they care for and provide 24 hour, 7 days a week care. Others live separately but fulfil a caring obligation, while balancing the demands of paid work and other family commitments.

Some carers receive Centrelink payments while others do not. Some carers get assistance at home from services, where as others may not.

There are over 220,000 family carers in South Australia.

Anyone, anytime can be a carer
Do you need assistance?

Carers SA provides:

- FREE information and advice on available services
- Counselling and emotional support
- Access to local carer support programs
- Respite to give you a break
- Up to date training on managing your caring role

Help is just a phone call away no matter where you are in South Australia.

Freecall 1800 242 636*

*freecall except from mobile phones

or visit us at www.carers-sa.asn.au
Carer advisory line

There are services available to help carers. Finding out about them is not always easy.

That’s where our carer advisors can help.

Our experienced staff will listen to you and can provide information and link you to supports that can help you in your caring role.

We know family carers come from all walks of life and we can assist you to connect to targeted services for carers that identify as:

• living in rural and remote areas
• a young carer
• a carer of a person with a mental illness
• Aboriginal and/or Torres Strait Islander
• culturally and linguistically diverse
• gender and sexually diverse

We can arrange interpreting services if English is not your preferred language.

Freecall 1800 242 636*

*freecall except from mobile phones
Carer counselling

Are you so busy caring for someone else that you are forgetting about your own needs?

There are times when caring may leave you feeling stressed or overwhelmed.

If you have a lot on your mind, talking it over can help.

Our carer counselling program is specifically designed for carers. Our counsellors are trained regarding the difficulties that carers face.

With in-house counsellors and access to brokered counsellors across the state, counselling can be arranged at our office, over the telephone, Skype, or somewhere closer to your home. We can also arrange counselling sessions in your preferred language.
Carer support programs

Our local staff can assist you to identify your particular needs and will support you on your caring journey.

You can join our regional and local support programs, connect with other carers, listen to guest speakers and attend activities, carer support groups, events and retreats designed just for carers.

We provide programs in the following regions:

- Western Metropolitan Area
- South East Country
- Eyre Peninsula
- Murray Mallee
- Riverland
- Northern Country
- Southern Fleurieu
- Kangaroo Island

Freecall 1800 242 636*

*freecall except from mobile phones
Carer respite

Are there times when you just need a break?

Respite can provide a much needed break from the caring routine-time to complete other tasks, have fun with the family or to recharge.

Our staff work with you to explore your options and plan flexible respite that best meets your needs and those of the person you care for.

Respite can be offered in the family home both during the day or overnight, for a short period of time in residential care, in cottage accommodation, to provide transport to appointments, or for emergencies.

Emergency Respite is available 24 hours a day, 7 days a week.

**Freecall 1800 242 636***

*freecall except from mobile phones*
Aboriginal family carers

Carers SA provides support to Aboriginal and Torres Strait Islander family carers, and those caring for someone who identifies as Aboriginal and/or Torres Strait Islander.

We can support you as a carer and assist you to access other local services. We work in collaboration with local Elders, Aboriginal services and service providers.

**Freecall 1800 242 636***

*freecall except from mobile phones*
Young Carers

Young carers are people up to 25 years of age who care in families where someone has an illness, a disability, a mental health issue or who has an alcohol or other drug problem.

Carers SA takes a family centered approach and provides support to young carers and their families by:

• Listening to you
• Assisting you to focus on your own needs and wellbeing
• Finding services that can assist you, such as practical home support, respite and counselling
• Supporting you to communicate your needs to other services
• Linking you with other young carers for peer support and fun activities

For more information please call 1800 242 636

www.facebook.com/youngcarersSA/
Carer workshops

Carers who attend our workshops often comment that they feel empowered by the new skills they have learned.

“Attending the workshop has given me more confidence to help myself and the person I care for”

Carer workshops are delivered across South Australia and explore the impacts of caring on the carers’ health and wellbeing and ways to improve the carer’s well-being and coping strategies. By attending our workshops you will gain valuable skills and practical tips to make your caring role more manageable.

Freecall 1800 242 636*

*freecall except from mobile phones
Training for Service Providers and Education Professionals

We offer professional development for health and community service providers and education professionals.

Our quality training is designed to enhance skills to help support workers, health professionals, teachers and school counsellors to work more effectively with carers.

Community Information Sessions

We offer community information sessions about Carers SA - who we are and what we do.
Carers SA Carer Achievement Award

Carers SA is the proud sponsor of the Carer Achievement Award; the award recognises an individual carer for their efforts as a family carer who also contributes to the community. Nominations open March and we encourage carers to nominate for this award. The winner receives a cheque for $2,000 and this is announced at an awards ceremony. For more information go to http://www.awardsaustralia.com/community-achievement-awards/sa

Freecall 1800 242 636*

*freecall except from mobile phones
No Interest Loans Scheme (NILS)

Carers SA offers family carers on low incomes access to equitable affordable credit for essential household items with no interest or charges. The maximum loan amount is $1,200 and can be repaid over a 12 to 18 month period.

If you are in need of a loan and would like further information on your eligibility, contact us.

**Freecall 1800 242 636***

*Freecall except from mobile phones*
Contact Carers SA

We would love to hear from you – either by phone, through our website, social media or visit us at one of our nine locations.

Freecall 1800 242 636*

*freecall except from mobile phones

State Office: 66 Greenhill Road,
Wayville SA 5034

Telephone: (08) 8291 5600
Fax: (08) 8271 6388
Email: info@carers-sa.asn.au
Web: www.carers-sa.asn.au

@Carers_SA
www.facebook.com/CarersSa
www.facebook.com/youngCarersSa
www.facebook.com/mentalhealthcarersSa
Metropolitan and Regional Office Locations

Berri 8582 5485 17 Riverview Dr.
Kingscote 8552 3173 16 Telegraph Rd.
Mt Gambier 8724 8700 20 Percy St.
Murray Bridge 8539 1300 95 Swanport Rd
Port Augusta 8641 1844 Shop 1/5 Young St.
Port Lincoln 8683 4477 1/18 King St.
Royal Park 8240 2900 66 Tapleys Hill Rd.
Victor Harbor 8552 3173 27 Crozier Rd.
Wayville 8291 5600 66 Greenhill Rd.
Membership

Join Carers SA today and help us to build a better future for carers in South Australia.

As a member of Carers SA you can add your voice to ours in advocating for better recognition and services for carers.

Types of membership available are:

**Individual - Financial Members**

Individual - Carer / Past Carer $10.00 per annum
SA Carer magazine and voting rights included.

**Organisational Members**

Organisational memberships options available.
Please contact us on (08) 8291 5600 for further information.

**Registered Members - FREE**

Any carer using Carers SA services can become a registered member for no cost (does not include SA Carer magazine or voting rights).

To find out more:

**Freecall 1800 242 636***

*freecall except from mobile phones
Membership form

☐ Yes, I would like to become a member of Carers SA.

Contact Details

First Name: .............................................................
Surname: .............................................................
Date of Birth: ..........................................................
Address: ................................................................
............................................................................
Phone: ...................................................................
Email: ......................................................................

All information collected is confidential and no personal identifying information is divulged. Full details of our Privacy Policy is available on our website, www.carers-sa.asn.au or by phoning (08) 8291 5600.

Can Carers SA contact you by phone to provide more information? ☐ yes ☐ no

Member Options

☐ Individual - Carer / Past Carer $10.00 per annum
SA Carer magazine and voting rights included

☐ Organisational membership

☐ Registered Member - FREE
(does not include SA Carer magazine or voting rights)

continues over
Payment (for financial membership)

Membership fee: $ ..............................

Donation:  $ ..............................

Donations over $2 are tax deductible and gratefully received

Total:  $ ..............................

I have enclosed my cheque/money order payable to the Carers Association of SA Inc

OR

Please debit the total amount indicated to my

☐ Mastercard  ☐ Visa

Card No: ..............................

Expiry Date: .........../...........

Name on card: ...........................................................................

Signature of card holder: .............................................

As a member, I agree to and accept the principles and objectives of Carers SA (check our website).

Signed: .............................................................................

Please post completed form to:

Carers SA
Reply Paid 410, UNLEY SA 5061
Representing family carers

Carers play a vital role in Australian society. The estimated replacement value of the care provided by family carers in Australia is over $60.3 billion per year.

Many carers are in poor health, and face financial hardship and social isolation. To improve the lives of carers we need: changes to the way the community sees caring; reforms to our income support, taxation and superannuation systems; improvement to health, disability and aged care systems, and better services for carers.

While most carers would agree these changes need to happen, most can’t spare the time and energy from their caring role to push for these changes.

Carers SA is the recognised ‘voice’ of family carers and represents the interests and needs of carers to government.

Become a member today and add your voice to ours.
Carers SA is a not for profit, community-based organisation with a membership in the thousands, most of whom are individual carers. Carers SA is part of the National Network of Carers Associations that includes all state Carers Associations and Carers Australia. Carers SA provides support to all carers, regardless of age, ethnicity, gender, sexuality or condition of person/s cared for.

Carers SA services are supported by financial assistance from the Commonwealth and State Government.