

Aboriginal Carer Support Program

Carers SA has an Aboriginal Partnership Plan available on <http://carers-sa.asn.au/>

Funded by the Australian Government Department of Social Services. Visit the Department of Social services website (www.dss.gov.au) for more information.

Although funding for this Aboriginal Carer Support Program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

This program is also supported by the State Government of South Australia.



To contact your local Carer Support staff please phone or call into the office

South East Country

95 Swanport Road, Murray Bridge
T 8539 1300 **E** mbinfo@carers-sa.asn.au

17 Riverview Drive, Berri
T 8582 5485 **E** rivmmc@carers-sa.asn.au

20 Percy Street, Mount Gambier
T 8724 8700 **E** secarers@carers-sa.asn.au

Corner Crozier and Torrens Road, Victor Harbor
T 8552 3173 **E** sfl@carers-sa.asn.au

North West Country

Shop 1/5 Young Street, Port Augusta
T 8641 1844 **E** ncc@carers-sa.asn.au

Shop1/18 King Street, Port Lincoln
T 8683 4477 **E** eyrecarers@carers-sa.asn.au

Western Metro


66 Tapleys Hill Road, Royal Park
T 8240 2900 **E** westerncarers@carers-sa.asn.au

Tel: 8291 5600 Fax: 8271 6388

Toll Free: 1800 242 636

Email: info@carers-sa.asn.au

Website: www.carers-sa.asn.au

 www.facebook.com/CarersSa

 www.facebook.com/youngcarersSA

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Carers SA is a business name of the Carers Association of SA Inc.



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Who are family carers?

Carers are family, friends, relatives or a neighbour who take care of someone who needs help to live at home.

Carers may look after someone who :

- Has a disability
- Is frail aged
- Has a mental or physical illness

Carers often have to cook and feed, help shower or bath the person that they look after as well as shop, clean the house and wash the clothes. Carers may need to be responsible for giving medications and taking the person they care for to medical appointments.

Some carers live with the person that they care for and provide 24 hour 7 day a week care. Others live separately but still fulfill a caring role, while balancing the demands of paid work and other family commitments.

Some carers receive Centrelink payments while other carers do not.

Carers - feeling tired and cranky is okay! Don't be ashamed to ask for help. Carers are important people in every community. Carers are needed.

Aims of the Aboriginal Carer Support Program

- Engage with Aboriginal (including Torres Strait Islanders) carers in the South East Country, North West Country and Western Metro regions
- Raise awareness and develop recognition within the Aboriginal communities about caring
- Provide information about mainstream services to family carers
- Link carers to one another to allow them to share their caring stories and support each other in their caring roles
- Provide a forum for carers to have a say about what affects them in their caring role and an opportunity to raise awareness about gaps in services or service provision.
- The program aims to work in collaboration with :
 - Aboriginal carers
 - Local Elders groups
 - Key service providers
 - Other Carers SA Programs (such as Respite, Advisory & Counselling services, and Education and Training).

What can the Program offer family carers?

The opportunity to:

- Meet up with other carers and 'take a break', and enjoy a relaxing activity such as having lunch together, going on day outings or doing some painting, craftwork or fishing
- Receive some education about topics that interest you, such as techniques to help you care for someone with dementia
- Become a member of the Aboriginal Reference Group, and provide feedback on local services in your region
- Be referred to helpful services including counselling and access to respite for the person you care for, so that the carer can attend activities
- Be provided with information, support, advocacy and advice to help support carers maintain their caring role, this can be done individually or in groups