

“Sharing a break with other carers has been enlightening, uplifting and rewarding.”  
- Family Carer



## SOCIAL SUPPORT, WELLNESS AND EDUCATION

Everyone deserves a break from time to time; taking that break really does make us feel recharged and refreshed. This is especially important for those in a caring role.

Carers WA offers a range of social activities including:

- Linking together morning teas and lunches
- Short break funding
- Male carer groups
- Culturally and linguistically diverse carers groups
- Movie events
- Beauty, meditation, pamper & yoga activities
- Carers retreat

Carers WA also runs educational workshops throughout metropolitan and regional WA.

These free workshops cover topics that are useful to your caring role.

We'll encourage you to take a break, relax and meet other carers in your area. Contact us to find an event that suits you.

“We learnt from each other. It was a wonderful day, great to meet people in other caring roles. The workshops are not only informative, but also supportive.” - Family Carer

## WHO ARE CARERS WA?

Carers WA is a non-profit, community based organisation and registered charity dedicated to improving the lives of the estimated 310,000 family carers living in Western Australia. Part of the National Network of Carers Associations, we are the peak body recognised by both State and Federal governments as the voice of family carers. Carers WA represents carers interests in the Western Australian community.

Our role is to work in active partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for carers as well as offering services to carers.

Membership is free for carers. To register with Carers WA please contact us on 1300 CARERS (1300 227 377).



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*Carers WA is proudly funded by:*

- Home and Community Care Program (HACC)
- Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA)
- Department of Health WA
- Disability Services Commission (DSC)
- Department of Health and Ageing (DOHA)
- Department for Communities (Government of Western Australia)
- Office for Youth
- Lotterywest
- Telethon
- Mental Health Commission (Government of Western Australia)



# ARE YOU CARING FOR A FAMILY MEMBER OR FRIEND?



“A carer is someone who provides care and support for a family member or friend who has a disability, is frail aged or who has a mental or chronic illness.”



## WHO ARE CARERS?

Carers range in age from as young as eight to people well into their nineties. More than one in eight Australians are carers. Of these carers, most are providing either substantial or full-time care in WA. Two thirds of carers are women and most carers provide care for a parent, partner or child, but Carers WA help carers in any caring situation.

“I found it rewarding to talk about my personal feelings. To do this with family and friends can sometimes be difficult.” - Family Carer

## HOW CAN WE HELP?

### Counselling

Carers WA offers many different types of counselling and emotional support so you can talk it over when you need to. Our counsellors are professionally qualified and understand issues relating to your caring role. Carers WA can provide counselling over the phone, face to face, or via email.

Carers Counselling Line: 1800 007 332

Face to Face Counselling: 1300 CARERS (1300 227 377)

Email Counselling: [chat@carerswa.asn.au](mailto:chat@carerswa.asn.au)

### Carer Participation & Representation

The Carer Participation and Representation Program assists carers to participate on committees and advisory groups involved in health service policy development, planning and evaluation.

Carer representatives are nominated for committee positions based on their interest and experience in relation to the work of the committee.

### Advice

Our advisory team is there to provide you with assistance or advice on many different caring issues. If you are feeling overwhelmed with the services available to you, we may be able to help you filter through your options or at least point you in the right direction for getting a problem solved.

“Your support has been strengthening and encouraging and I thank you for it.” - Family Carer



### “Prepare to Care” Hospitals Program

Carers WA understands that when a patient is discharged from hospital following an accident, chronic illness, disability or frail age, a family member or friend may play an enormous role in the life and ongoing care of the patient. The “Prepare to Care” program provides information and support to those family members and friends who are or will be providing that ongoing care.

### Young Carers

Young carers are young people (25 years and under) who help care for someone with a physical or mental illness, disability, drug or alcohol problem. Carers WA has a Young Carer Program which offers young carers access to specific information and service referrals, counselling and support as well as camps and other fun activities.

[www.youngcarerswa.asn.au](http://www.youngcarerswa.asn.au)

[youngcarers@carerswa.asn.au](mailto:youngcarers@carerswa.asn.au)

“The camp was great! I met lots of new friends and it was good to have some time away.”  
- Young Carer