



## CEO Message

Welcome to 2022. We are expecting another busy and challenging year. There are record numbers of carers contacting the organisation for support through Carer Gateway and our other state funded programs, and staff are working hard and doing their best to respond.

Ongoing pandemic uncertainty may mean at times we have to adjust our plans, particularly where we aim to have face to face contact with carers (eg. at community events). We can only apologise in advance if we must respond to State Government health directives at short notice, but

I am sure you can understand that this is not within our control. Our aim and our approach is to plan to deliver services as we normally do and then adapt (or potentially cancel events) if circumstances dictate, rather than postpone events months in advance. I would rather we plan to do something rather than plan not to do something.

One event we are planning to deliver is a state-wide conference late in 2022. We also plan to travel extensively around the state to improve our support and awareness of our services to regional and remote communities.

Again, circumstances may limit what can be done and we need to be aware of the sensitivity and vulnerability of these communities.

Finally, Carers WA launched our Strategic Plan 2022-2025 earlier this year and a copy is available on our website ([www.carerswa.asn.au/about-us/governance-annual-reports](http://www.carerswa.asn.au/about-us/governance-annual-reports)).

Stay safe and contact us if you need support.

Best wishes,  
**Paul Coates, Carers WA CEO**

## Carers Connect has been extended

Do you want support to start education or employment?

Carers WA has been successful in securing a second round of funding for the Carers Connect to Education and Employment project, through the Department of Social Services. This program will be delivered by Carers WA, in partnership with the Australian Medical Association.

Carers Connect provides an opportunity for carers to study and/or gain employment in the Care Industry (eg. Aged Care, Community Services, Disability, Health Care and Mental Health) or another industry with skill shortages.

The Carers Connect Team will provide one-on-one coaching to help carers to identify skills and overcome barriers, and financial assistance to enrol in training to achieve their career goals.

To be eligible for this program, carers must:

- Be in a caring role within the last 2 years
- Be aged between 16-65 years
- Currently unemployed or under-employed.

Interested in gaining a career in the Care Industry, or any other industry with skill shortages? To express an interest in this program or for more information, please phone **1300 227 377** or email [carers.connect@carerswa.asn.au](mailto:carers.connect@carerswa.asn.au)



**1 in 9 Australians  
are family carers**

## Carer Friendly Employers

Offering flexible workplace provisions which allow employees to combine paid work with an unpaid caring role is essential to enabling businesses to foster a productive, efficient and effective workforce. Carers WA can provide information and resources on how supporting and retaining employees in a caring role can benefit your workplace. We can assist your organisation to become an accredited 'Carer Friendly Employer'. Visit [www.carerswa.asn.au/our-services/carers-in-employment-program](http://www.carerswa.asn.au/our-services/carers-in-employment-program) for more information.

In 2021 Volunteering WA proudly joined the Carer Friendly Employer program demonstrating their commitment to family carers in the workforce.

"We understand that many family carers may not identify with their caring role and often struggle to continue working whilst caring for their loved ones. Being part of the scheme raises awareness and ensures that our organisation is carer-friendly, providing the support and flexibility family carers need to balance their work and caring role". Tina Williams, CEO Volunteering WA.

## Coming Soon: Translated factsheets in a number of languages!

**21% of Australians speak a language other than English at home**

**33% of Australians were born overseas**

**49% of Australians were born overseas or have at least one parent born overseas**

Australia is one of the world's most successful multicultural societies and our diversity is a national strength. Almost half of all Australians were either born overseas or have at least one parent born overseas.

This is why Carers WA is excited to be

launching a translated factsheet on Carers WA and Carer Gateway services in different languages. We want to ensure that awareness and participation in our services is accessible to all carers, including those where language and literacy may be a barrier. Watch this space for new materials.



## In-Person Peer Support

Join our In-Person Peer Support program! The In-Person Peer Support (IPPS) program provides an opportunity for carers to access the benefits of peer support. With consistent meetings in-person, carers are able to share their experiences and learn from one another. Carers WA currently have several groups running in a variety of locations. To find out more, please call Carer Gateway on **1800 422 737**. To see what our carers have to say, watch the testimonials on our [YouTube channel](#).



**Penny, Peer Facilitator**

## Meet Jaynie - Carer Coach

Carers often have to set aside their own needs because of conflicting priorities. A Carers WA Coach supports carers to find a balance between their responsibilities as a carer and their own needs.

The Carers WA Coaching program, launched in mid-2021 as part of Carer Gateway, and has assisted many carers with support to create and work towards goals. For example, working through new business ideas, starting on de-cluttering a house or incorporating self-care into a daily routine. Many carers don't have a specific goal in mind when they first meet their Carer Coach but having the chance

to solely focus on their wants and needs for a period of time can help clarify changes the carer would like to make and work through hurdles or challenges that are stopping progress.

Coaching is flexible and free. Carers receive six, one-hour coaching sessions that can be structured around their individual needs. Carers have the option to attend face-to-face, over the phone, or online.

If you are interested in having a coach in your corner, please contact the Carer Gateway on **1800 422 737**.



**Jaynie, Senior Carer Coach**

"I felt supported and cared for. The Coach was very skilled at bringing out ideas and mirroring my values back to me. She also helped motivate me and see my self-worth"



## Young Carer Animation

The Young Carer team and program have grown, allowing us to provide more supports for young carers aged 8-25 years, from peer support groups in schools, events, career and education assistance and individual support around young carer needs.

Check out the Young Carers new animation on our [YouTube channel](#) to learn more about what young carers do and follow us on social media to keep up-to-date with event and opportunities.



## Carers WA International Pen Pal Program

Carers WA would like to welcome Carers Queensland and Carers Northern Territory as partners in the Carers WA Australia/ United Kingdom Pen Pal program. For more information or if you would like to participate in the Pen Pal program, which is suitable for carers aged 8-80+, please email [penpal@carerswa.asn.au](mailto:penpal@carerswa.asn.au)

## Community Champions

Community Champions are people with lived experience of disability who act as a mentor and support for local community groups and organisations to better improve access and inclusion. If you are interested in becoming a Community Champion, please email [champions@carerswa.asn.au](mailto:champions@carerswa.asn.au)

### Save the date

**13th-14th October**

Carers WA Conference

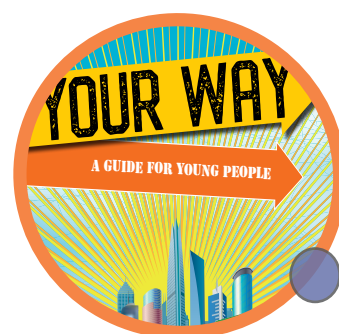
**16th-22nd October**

National Carers Week

## Transition from high school for students with disability

The Your Way Toolkit assists young people with disability to build their first resume, discover pathways to work or further study, and find their place within the community. The toolkit can be found on the Inclusive Projects page on our website.

Physical copies are available on request, please email [ccdteam@carerswa.asn.au](mailto:ccdteam@carerswa.asn.au)



1300 227 377



'Carers WA'



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



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



**Carers WA**