

# If you help a family member or friend with:



Grocery Shopping



Personal Care



Finances



Preparing Meals



Emotional Support



Administering Medicine

... you may be a **carer**

Does caring for somebody impact how you feel, or your ability to work, study or socialise?

Carers WA can help you with free supports

**1800 422 737**



## About Us

Carers WA is a community organisation that provides free supports and advocacy to carers in WA.

We offer a range of programs and services to help you manage your caring responsibilities and look after yourself.

## Services available through Carers WA and Carer Gateway



**Counselling** If you are feeling stressed, anxious, sad or overwhelmed with your caring role, a counsellor can talk with you about your worries in person or over the phone.



**Practical support** Funding is available for a range of practical supports to assist you in your caring role or help you access education or employment.

This may include supports such as household help, transport to medical appointments, respite or a training course.



**Connect with other carers** Meet people in similar caring situations at local community events and workshops. Share stories and advice, and take a break from your caring role.

To access relevant, free supports and services, call us to complete a simple planning session about your needs as a carer.

## Contact Us

Call 1800 422 737 Monday to Friday between 8am - 5pm and press 1 to speak to Carers WA.



Carers WA can arrange translating and interpreting services.



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



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