

# Caring for a family member or friend?



# About Carers WA

Carers WA is a non-profit, community-based organisation and registered charity dedicated to improving the lives of family carers living in Western Australia. Part of the National Network of Carers Associations, Carers WA is the peak body recognised by government as the voice of carers.



# Are you a carer?

A carer is someone who provides unpaid care and support to a family member or friend who is living with disability, mental health challenge, long term health condition, an alcohol or substance dependency, or who is frail aged.

Caring for someone can be a big commitment. People become carers in many different ways and for a variety of reasons. Each circumstance is unique. It is important for carers to look after their own mental and physical wellbeing.

Carers WA help carers in any caring situation.



# How can Carers WA help?



**Social Support**



**Carers in Employment**



**Carer Representation**



**Prepare to Care Hospital Program**



**Carer Retreats**



**Carer Wellness at Home**



**Young Carers**



**Community Engagement**



**Advocacy**



For more information on Carers WA programs and services visit [www.carerswa.asn.au](http://www.carerswa.asn.au)



# Carer Gateway Services

Carer Gateway is an Australian Government initiative providing a mix of free digital and in-person supports, services and advice, for family carers in Australia. These services have been specifically designed and tested by carers to help reduce stress and build resilience in the caring role.

In Western Australia, Carers WA leads the delivery of Carer Gateway services. To access relevant supports, carers must complete a planning session to develop a personalised and tailored action plan to determine which supports are best matched to the carer's individual circumstances.



## Contact us



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