

Carer Toolkit

Do you provide care for someone who depends on your support?

We invite you to answer the following questions to help us understand how we can best support you in your role as a carer.

If you are an unpaid carer for a partner, relative, friend, or neighbour who cannot manage daily activities without your assistance, we value your input. Your responses will guide us in offering the most effective support for you, both now and in the future.

1. Please tell us your age:

Under 18 Years	
18-24 Years	
25-30 Years	
31-40 Years	
41-50 Years	
51-64 Years	
65-74 Years	
75 Years and Over	

2. As well as being a carer, are you:

Studying: School	
Studying: University/TAFE	
Employed (full, part-time, self-employed)	
Retired from paid work	
Unable to work due to long-term sickness	
Looking after home/family	

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3. While being a carer, have you ever:

Felt your caring role has made you unwell	
Injured yourself lifting or moving someone	
Felt stressed, anxious, depressed, or similar	
Delayed seeing your GP because you don't have time	
Not received medical treatment you needed	
Had to stop work or reduce working hours so you could continue caring	
Felt isolated or lonely	
Found it difficult to leave someone so you could attend an appointment	
Found it difficult to take the person you are caring for to a GP appointment	

4. Are you receiving any current supports and services, either financial or practical?

Carer Allowance	
Carer Payment	
Carer Gateway supports	
Carers WA supports	

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5. Are you struggling with health issues of your own?

6. Do you have any suggestions of how we can support you in your caring role?