

Carer Information Pack

Ask us for a copy of the *Carer Information Pack*, which provides practical information to support carers in their caring role (Multilingual versions are available). You can also obtain a copy by:

- Download from health.gov.au
- Phone My Aged Care on **1800 200 422**
- Phone National Mailing and Marketing on **(02) 6269 1080**

Key websites

- careassess.com.au
- carerstas.org
- health.gov.au

More about carers support

More information is available on the Department of Social Service's website.

Navigate to:

www.health.gov.au

- "For Health Professional"
- "Aged care"
- "Community Care"
- "Support for Carers"

More about us

- For information about our programs and services please visit www.careassess.com.au

Referral or request

- To make a referral or to request more information please contact Care Assess on the details below

For general enquiries please contact Monday to Friday from 8:30 – 4:30pm
You can also contact Care Assess at:

e. info@careassess.com.au
w. careassess.com.au
p. 1300 364 876

Call our local office



1300 364 876

South

Level 2, 6 Bayfield St, Rosny Park 7018
Phone: (03) 6244 7700
Fax: (03) 6244 7711

North

101 Stanley St, Summerhill 7250
Phone: (03) 6331 0803
Fax: (03) 6331 0688

North West

43 Best St, Devonport 7310
Phone: (03) 6423 7900
Fax: (03) 6423 7999



*Caring is rewarding,
but it can also be
very demanding*

Supporting Carers

*Do you have a
family member or friend
caring for you?*

*Sometimes carers also
need help and support*

careassess.com.au/carers

What is Home Care for?

The HACC and Home Care Packages programs also provide funding to support the **unpaid carers** of those who are eligible care-recipients!

How we support carers

Care Assess provides *independent* Care Coordination in order to make the most of available services that are there to help you; this means **we aim to increase support for carers**.

We want to support you to access the help you need; we can do this by helping you understand what supports are available to you, and by referring you to a provider who is funded to support you with the help you need.

Financial assistance

You may be eligible for financial assistance such as *Carer Allowance* or *Carer Payment* that are available through **Centrelink**

Call them on **132 717**



Carers Tasmania

We want all of our care-recipients' carers to access the information and support available from Carers Tasmania, where appropriate, They are a local organisation for carers of people who are frail aged or have a chronic condition, a disability or a mental illness.

Let us know if we can facilitate a **referral** for you so you can benefit from their help! Support they offer includes:

- *Carer Advisory* – connects carers with local health community support services
- *Talking It Over* – speak in person or by phone to one of their qualified team; they offer encouragement, support, and ideas
- *Carer Education and Training* – workshops and information sessions to equip you in your caring role
- *Young Carers Program* – Age appropriate information and support for young carers.
- *Carer Support Groups*

Call them on **1800 242 636**

Respite care

Carers sometimes need support and help in order to take a break; for example, if carers are ill or recovering from an illness.

Tell us if you think you or the person you are looking after may need respite care; we will help you access support from your local doctor, your Aged Care Assessment Team, a HACC Provider funded to deliver Respite Care, or our local Commonwealth Respite and Carelink Centre.

Emergency respite: 1800 052 222

Commonwealth Respite and Carelink Centres

Centres provide information about services for older people, people with a disability, and those who provide care. Centres can also help carers with options to take a break through short-term and emergency respite services (based on assessed need). They can also provide advice and coordinate access to respite services in a carer's local area.

Call your nearest Respite and Carelink Centre on **1800 052 222**

with you, for you