

## Carers - support available

A carer may be an older person who needs support themselves. There are a range of support services to help carers in their unpaid, but highly valued, role.

### Help is available

Carers may need help. This help is available from:

- Local, State and Australian Governments
- Private agencies
- Voluntary agencies.

### Respite services are available to give you a break

Sometimes the constant demands of caring for someone can be exhausting. The following support is available to assist carers and allow them to have a break (respite):

- **Help at home** - for a few hours, or even overnight, while you do something else.
- **Outside activities** - the person you care for can attend interesting and stimulating activities, while you have a break.
- **Longer breaks** - care is also available for whole days or weeks. This may be at an activity centre or a nursing home.

### Other help is also available

There are also a number of other services to help you. They can provide:

- **Nursing care** - community nurses can come and help with dressings, check medication, give injections etc.
- **Personal care** - help with showering, dressing, getting in and out of bed.
- **Home care** - help with cooking, cleaning, garden maintenance etc., to give you more time.
- **Volunteers** - may be available to help with shopping, or to give you time to attend appointments or to meet other people.
- **Social support** - help to meet other carers or attend support groups.
- **Special help** - for carers who look after older people with dementia.

### Where to find respite help

These services can either help you gain access to respite care, or provide it directly:

- Local councils
- Community health care centres
- Aged care assessment teams
- Migrant resource centres
- Koori organisations.
- Carerlinks agencies
- Carer Respite Centres
- Carers Victoria

### Services for older people

There are specialist services available to help older people. These services include:

- Assessment of their needs
- Specialist care in hospital if they are unwell
- Medical care
- Residential care

- Home and community care.

### **Where to get help**

- Your regional Department of Human Services office
- Your local Carer Respite Service on Tel. 1800 059 059
- Your doctor
- Your local council.

### **Things to remember**

- Help is available for carers and older people
- Ask for help when you need it
- Carers are important to help older people live independently at home.

### **This page has been produced in consultation with, and approved by:**

Department of Health - Rural and Regional Health and Aged Care Services

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