

WHO CARES?

Carers are friends, partners, or family members who provide support to someone who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail. Carers may care for a few hours a week or all day, every day. Carers are not paid for their role, however some are eligible for government benefits.

What is caring?

Each caring situation is unique. Some carers spend their days feeding, bathing, dressing, toileting, and administering medications. Others provide supervision or help with finances or transport. Carers also provide emotional support to the person they care for.

Caring is a role that can be both challenging and rewarding. Caring can be personally enriching, but the extra physical, emotional and practical responsibilities associated with caring can have a big impact on your life. Your relationships, health and finances can all be affected by being a carer, and you may need different kinds of support during your caring role.

LGBTI friendly

While all carers should be able to access services without fear of discrimination or vilification, this is not always the case. In order to minimise the risk of a negative experience, you can contact the Carer Line to discuss referrals to services that we know are LGBTI friendly.

Carers NSW recognises that carers are diverse and that every caring situation is unique. The information, referral and counselling we provide is tailored to the individual needs of every carer.

If you know a carer who needs information or support, contact Carers NSW Carer Line 9.00am-5.00pm weekdays on **1800 242 636** (free call except from mobiles) or visit our website www.carersnsw.org.au

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

For more information on our range of programs or for advice, support or referrals contact the Carer Line from 9.00am to 5.00pm, Monday to Friday on

CARER LINE 1800 242 636*

*free call except from mobile phones.
Mobile rates apply.



CONTACT US

Level 10, 213 Miller Street, North Sydney NSW 2060

PO Box 785, North Sydney NSW 2059

P 02 9280 4744 **F** 02 9280 4755

Carer Line 1800 242 636 (free call)

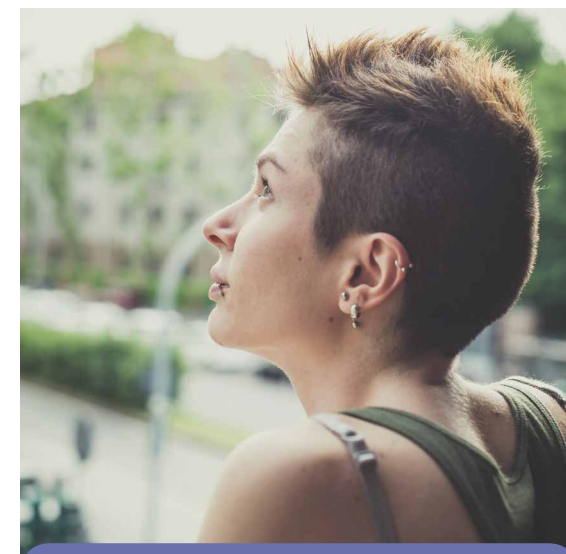
contact@carersnsw.org.au

www.carersnsw.org.au

Carers NSW receives funding from the NSW and Australian Governments



EVERYBODY CARES CARING IN LGBTI COMMUNITIES



**DISABILITY AND ILLNESS
DON'T DISCRIMINATE.
NEITHER DO WE.**

CARER LINE 1800 242 636

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

PRACTICAL SUPPORT

- **Carers NSW Carer Line** is available on **1800 242 636** (free call except from mobiles), 9.00am-5.00pm weekdays. Experienced Carer Support Officers offer information, advice and referrals.
- **Carer Gateway** is a national online and phone service with information and resources for carers. The online service finder helps carers connect to local support services. The Gateway is available from 8.00am-6.00pm on **1800 422 737** or visit **www.carergateway.gov.au**
- **Respite** gives carers a break from their caring role, and it can be delivered in many different ways. For information on respite in your local area contact the Carers NSW Carer Line.

EMOTIONAL SUPPORT

Support from your social network is important when you are a carer, but it can be hard to stay connected. You might like to talk to someone about your caring role.

- Carers NSW offers a range of counselling options across the state through the *National Carer Counselling Program*:
 - **Individual Counselling** is available for a small donation (no carer will be refused due to an inability to pay).
 - **Therapeutic groups** meet face-to-face or over the phone (Talk-Link) and run for 6-8 weeks. We run general wellbeing groups, and more specific groups for different kinds of carers.
- **Carer Support Groups** exist across NSW. We can help you find the right group for you.

**CALL THE CARER LINE ON 1800 242 636
OR VISIT CARERSNSW.ORG.AU
(free call except for mobiles)**

LGBTI CARERS

Lesbian, gay, bisexual, trans and gender diverse and intersex (LGBTI) carers may be looking after their partners, friends, biological family or family of choice.

Carers are often not recognised for the valuable work they do. Many carers are hidden due to age, culture, sexuality or gender identity. Carers in the LGBTI community can face particular challenges in their caring roles because of invisibility, discrimination or exclusion.

Looking after yourself is important for your wellbeing as well as the person you care for.



Other useful services

ACON | acon.org.au | 1800 063 060 LGBTI health and support for people living with HIV.

QLife | qlife.org.au | 1800 184 527 Telephone and online counselling for LGBTI people.

Twenty 10 | twenty10.org.au | 02 8594 9555, 1800 652 010 Supports people of diverse genders, sexualities and sexes, their families and communities.

Inner City Legal Centre | iclc.org.au | 1800 244 481 Legal advice for LGBTI people in the inner city and across NSW.

Oil Intersex Australia | oii.org.au | Represents and supports people with intersex variations or traits.

The Gender Centre | gendercentre.org.au | 02 9569 2366, 1800 069 115 Supports and advocates for transgender and gender questioning people.

FINANCES AND WORK

- **Taking leave & flexible work** can help carers balance paid work with caring responsibilities. Employees (except casuals) are entitled to Carers Leave. Carers who have worked with their employer for at least one year also have the right to request flexible working arrangements. Visit **www.carersnsw.org.au/advice/work-finance** for more info.
- **Workplace discrimination** is unlawful under the Anti-Discrimination Act 1977, which protects carers if they have been unfairly treated or harassed at work because of their caring role. For more info contact the Anti-Discrimination Board on 02 9268 5544 or 1800 670 812 (regional).
- **Income support** is provided by the Federal Government to eligible carers who provide daily care. Contact Centrelink on 132 717 to discuss Carer Payment and/or Allowance.

LEGAL CONSIDERATIONS

Knowing your rights as a carer is important. If you are unsure of your rights, seek legal advice.

- **Discrimination** because of sexual orientation, gender identity and intersex status is unlawful under the Sex Discrimination Act 1984. This applies to employment, education, accommodation and a range of services you or the person you care for might use. It also applies to aged care services which are funded by the Government, including faith-based organisations.
- **Same sex couples** are recognised as de facto couples and have the same rights as heterosexual couples in NSW.
- **Enduring Guardianship & Power of Attorney** recognise a person, or persons, who can make important decisions on the behalf of someone who has reduced capacity. See **www.planningaheadtools.com.au** for more information.
- **Same sex partners** can be recognised as the 'person responsible' if a patient does not have capacity to consent to medical treatment under the Guardianship Act 1987.