

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.

If you require a translator or interpreter you may access our service via the National Translating and Interpreting Service on 131 450.

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. For more information, visit: www.relayservice.gov.au.



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

Carers NSW
Australia

Carers NSW
Reply Paid 88594
NORTH SYDNEY NSW 2059



Delivery Address:
PO Box 785
NORTH SYDNEY NSW 2059

No stamp required
if posted in Australia



WHO IS A CARER?

If you look after a family member or friend with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail, then you are a carer.

About Carers NSW

Carers NSW is the peak organisation for carers in New South Wales. We are here to help all carers, including young carers, across New South Wales. We provide support and advice to carers through our range of specialised programs and supports. We can also provide information about person centred approaches, individualised funding and other initiatives.

Do I need to be a member to access Carers NSW services?

No, you do not need to be a member to access our services although membership entitles you to receive our free bi-monthly newsletter, carer information updates, invitations to special events and a say in the future direction of Carers NSW.

What support is available through Carers NSW?

Carers NSW supports carers through our range of specialised programs and supports. We provide education and training to carers and service providers, counselling services, referrals, information and resources and NDIS Support Coordination.

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



ARE YOU CARING FOR A FAMILY MEMBER OR FRIEND?



CARER LINE 1800 242 636

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

OUR PROGRAMS

We administer a range of Government funded programs and initiatives for carers.

Carer Line

The Carer Line is staffed by trained Carer Support Officers who can provide you with information, emotional support and referrals. They can also help connect carers and their families to carer support groups in New South Wales.

You can call the Carer Line on **1800 242 636** Monday to Friday, 9.00am-5.00pm. The service is free from landline phones.

National Carer Counselling Program

Carers NSW offers many different types of counselling and emotional support so you can talk things over with someone who understands.

Our counsellors can provide support:

- over the phone
- face-to-face
- online
- individually
- as a family
- in a group

We also run therapeutic counselling groups which explore the emotional impact of caring, allowing participants to share their experiences in a safe environment.

Carers NSW has a network of specialised counsellors across New South Wales.

Mental Health Respite: Carer Support

We provide specialised support for carers of people living with mental illness by providing respite, education, recreational activities, counselling and advocacy. We deliver this service in specific LGAs in the South East Sydney and Hunter regions.

NDIS Support Coordination

As a registered NDIS provider of Support Coordination, Carers NSW can assist if a person you are caring for has received an approved NDIS plan with a budget for Support Coordination.

NDIS Support Coordination assists the person you care for and yourself to learn, navigate and better understand the NDIS, as well as connect and coordinate services and plan budgets.

Through locally based Support Coordinators in Coffs Harbour, Dubbo and Sydney, Carers NSW can work with you to ensure the person you care for gets the most from their NDIS plan.



Is someone in your family an icare lifetime care participant? wecare works with family members of icare Lifetime Care Participants to increase their knowledge, resilience and wellbeing, at any time, post injury or after diagnosis of a work-related dust disease. There are two wecare programs, the Mentoring Carers Program, for adult family members, delivered as six to eight mentoring sessions providing information and support to strengthen coping strategies and the Children and Young People Program, for family members aged 5 (school age) to 18 years. The program is tailored to the needs of children and young people aims to support them to reach their goals and pursue their dreams.



Young Carer Program

The Carers NSW Young Carer Program offers young carers (25 years and under) access to:

- specific information and service referrals
- an interactive website and newsletters
- counselling and support
- and other opportunities.

To find out more about the Young Carer Program visit: www.youngcarersnsw.org.au

CARERS NSW MEMBERSHIP

How much does it cost?

Membership is **FREE** for carers, carer support groups and individuals. Community organisations, service providers, corporates and other organisations pay a fee to join.

What are the benefits of membership?

Membership entitles you to:

- our bi-monthly newsletter, Carers News
- carer information updates
- invitations to special events and forums
- reduced registration fees for conferences organised by Carers NSW
- a say in the future direction of Carers NSW

Why is membership important?

Carers NSW represents all carers across New South Wales.

Having a large number of members provides us with an evidence base for our policy and advocacy work. This helps us to inform Government and other stakeholders on the issues that are important to you.



BECOME A MEMBER!

Carers NSW is the peak organisation for carers in New South Wales. **Membership is free for carers and carer support groups.**

Carer Individual Carer support group

Title: _____

Last name: _____

First name: _____

Address: _____

Suburb: _____

State: _____

Postcode: _____

Phone: _____

Email: _____

Signature: _____

The following questions are optional;

Are you from a Culturally and Linguistically Diverse background?

Yes No

Are you from an Aboriginal and / or Torres Strait Islander background?

Yes No

Do you identify as LGBTI+?

Yes No

Do you have a disability?

Yes No

Please fill in your details, detach the membership form and post to Carers NSW, no stamp required.

To access the Privacy Statement and Member Rights and Responsibilities please contact Carers NSW on 9280 4744 or membership@carersnsw.org.au or visit our website www.carersnsw.org.au

