

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

To find out more information on Carers NSW programs or for advice and support, visit us at www.carersnsw.org.au or contact us from 9.00am to 5.00pm, Monday to Friday on 02 9280 4744.

To access support through Carer Gateway, phone 1800 422 737 from 8.00am to 5.00pm, Monday to Friday or visit the website www.carergateway.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

02 9280 4744
contact@carersnsw.org.au
www.carersnsw.org.au

Carers NSW receives funding from the NSW and Australian Governments



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

CARERS NSW MEMBERSHIP

What are the benefits of membership?

Although you do not need to be a member to access our services, membership does entitle you to a range of benefits including:

- our printed 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.

How much does membership cost?

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

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.



ARE YOU CARING FOR A FAMILY MEMBER OR FRIEND?



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WHO WE SUPPORT

Carers NSW supports any person who provides unpaid care and support to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic health condition, life-limiting illness or who is frail.

People may become a carer suddenly, or over time as the need for assistance increases. Many people don't see themselves as a carer. It doesn't matter how they see this relationship, support is available.

Carers come from different walks of life, cultural backgrounds and age groups. Every situation is different. Information for carers from diverse backgrounds can be found on our website www.carersnsw.org.au

HOW WE SUPPORT CARERS

Carers NSW administers Australian and State Government funded services that support carers including:

- Education and training
- Advice and referrals
- Information and resources
- Policy and research

Carers NSW also supports carers through the following initiatives:

Carers + Employers



Carers + Employers is a workplace accreditation program that defines best practice standards for supporting staff with caring responsibilities. It is building a network of carer-friendly employers and sharing ideas for workplace support.

Carer Gateway



Carer Gateway is an Australian Government initiative that helps carers access practical information and advice, and connect with services in their local area. It is a centralised support service which is delivered through a network of Carer Gateway Service Providers.

Carer Gateway helps carers to manage daily challenges, reduce stress and plan for the future, by supporting them through early intervention. Services provided through Carer Gateway build carers' capacity to sustain their caring role, with the aim of improving their long term social and financial outcomes. Carer Gateway provides:

- Carer support planning
- Peer support
- Counselling
- Carer directed packages
- Emergency respite care
- Online skills courses
- An online forum

Carers NSW is the dedicated Carer Gateway Service Provider for Hunter New England, Central Coast and the North Coast (NSW 4).

NDIS Support

NDIS Support Coordination assists the person you care for and yourself to:

- navigate and better understand the NDIS
- connect and coordinate services and plan budgets.

To access Support Coordination, the person with disability that you care for must have an approved NDIS plan with a budget for support coordination.

NDIS Information Sessions and Workshops supports carers of children to understand the NDIS and how to manage an NDIS plan.

wecare



wecare works with family members and carers of icare participants within Lifetime Care, Dust Diseases and Worker Insurance Schemes. The program works to increase their knowledge, resilience and wellbeing post accident, injury or diagnosis of a work-related dust disease.

- **Carer Mentor Program** is a carer-led, wellness-coaching program with 6–8 individual sessions over 24 to 28 weeks.
- **Children and Young People's Program** uses a solutions-based focus to support, educate and assist the young child or young person to identify barriers and overcome them at home, school or in their social life.

Young Carer Program



Many children and young people help care for their parent or sibling. They often provide practical, specialist and emotional assistance that exceeds their capacity and maturity. While this can result in rich relationships and skill building, it can also have negative impacts on their wellbeing, with long term consequences.

Carers NSW has targeted information and support for young carers. This includes:

- awareness raising to build supportive and flexible environments in the community, education and workplaces, so that young carers can achieve social and economic participation
- skill development, information and resources to build the capacity, leadership and resilience of young carers
- other young carer initiatives.

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 (CALD)?

☐ Yes ☐ No

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

☐ Yes ☐ No

Do you identify as LGBTQI+?

☐ 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 02 9280 4744, email membership@carersnsw.org.au or visit our website www.carersnsw.org.au