

## Do you need help caring for someone?

Do you look after your wife, husband, partner, parent, sibling or other relative or friend who is over 65 years of age? Would you like some help and support?



For help with looking after a person over 65 years of age, call *My Aged Care* on 1800 200 422 (Monday to Friday 8am-8pm; Saturday 10am-2pm) or visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au). *My Aged Care* is a new 'one stop shop' developed by the Australian Government for information on aged care services across Australia.

Carers can also use the Carer Gateway, a new national online and phone service that provides practical information and resources to support carers. Call 1800 422 737 (Monday to Friday 8am-6pm) or visit [www.carergateway.gov.au](http://www.carergateway.gov.au)

### Carers NSW

Carers NSW is a not-for-profit registered charity representing carers in NSW. A carer is anyone who provides unpaid care and support to a person with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness, or who is frail.

To get support as a carer, call the Carers NSW Carer Line on 1800 242 636 (Monday to Friday, 9am-5pm). One of our helpful Carer Support Officers can discuss your caring situation and recommend services for you and the person you care for.

For online information and resources, visit [www.carersnsw.org.au/aged-care](http://www.carersnsw.org.au/aged-care)