

November 2016

Are you a carer?

Do you provide unpaid care to a person who has a disability, a chronic illness (including mental illness), or who is frail and requires assistance carrying out everyday tasks? If so, then you are a 'carer' and entitled to information and practical support in your caring role. You don't have to receive a Carer Payment, Carer Allowance or Carer Supplement from Centrelink to be a 'carer'. Around one in eight South Australians classifies as a carer.

Who is looking after you?

Being a carer can be as rewarding as it can be demanding. When asked about the time and energy it takes to care for someone, carers often liken their role to a full time job – without the pay, weekends or time off! This makes it easy to see why holding down paid work at the same time can be extremely difficult.

In spite of these difficulties, many carers choose to stay in the workforce. So if you are a working carer, you are not alone! Chances are you have colleagues who are in similar situations, even if you do not know who they are. Chances are also that colleagues who are not carers themselves have family members or friends who are, and are aware of some of the challenges.

The South Australian Government is committed to looking after employees who have caring responsibilities, for example through flexible work arrangements. Your department's Human Resources area can provide you with more information.

Balancing working and caring responsibilities is not the only challenge carers can face. An even bigger challenge can be maintaining a meaningful social or family life. Many carers also find their own health compromised as a result of their caring role. Not all carers know that a range of supports is available in the community, and many who do are unsure where to find and how to access them.

What help can I get?

If you are a carer or have a colleague, family member or friend who is, there is a range of supports offered by community organisations across South Australia, including:

- information
- a break or 'respite'
- help at home, i.e. with cleaning, meals
- social interaction with other carers
- emotional support or counselling
- recreational activities
- advocacy
- income support
- help with future planning
- advice about your entitlements at work

Who can I contact?

South Australia has a network of locally based carer support organisations. These organisations differ from disability, aged care or health services in that they focus on the needs of the carer, as opposed to the person cared for. Their contact details are overleaf.

You can contact your local carer support service directly, as listed below. If you are unsure which area you live in, you can search for your local service online, on the South Australian Carer Support Services Search Map: www.sa.gov.au/carers.

Alternatively, you can call Carers SA's Advisory and Counselling Service for information, on 1800 242 636.

Metropolitan

Southern and Eastern Suburbs and CBD

Carer Support

Web: www.carersupport.org.au

770 South Road, Glandore 5037. Ph. 8379 5777

241 Main South Rd, Morphett Vale 5162. Ph. 8329 5888

10 Newton Road Campbelltown 5074 Ph: 8206 0777

Western Suburbs

Carers SA – Western Carers

Web: www.carers-sa.asn.au

66 Tapleys Hill Rd, Royal Park 5014. Ph. 8240 2900

Northern Suburbs

Northern Carers Network

Web: www.ncnw.org.au

15/130 Peachey Rd, Davoren Park 5113. Ph. 8284 0388

Regional/Country

Mount Gambier and Limestone Coast

Carers SA – South East Carers

Web: www.carers-sa.asn.au

20 Percy St, Mount Gambier 5290. Ph. 8724 8700

Fleurieu and Kangaroo Island

South Coast Carer Support

Web: www.carers-sa.asn.au

63 Victoria St, Victor Harbor 5211. Ph. 8552 7419

16 Telegraph Rd, Kingscote 5223. Ph. 8552 3173

River Murray/Mallee

Carers SA – River Murray Mallee Carers

Web: www.carers-sa.asn.au

95 Swanport Rd, Murray Bridge 5253. Ph. 8539 1300

Shop 4 17 Riverview Dr, Berri 5343. Ph. 8584 5485

4 Edward St, Loxton 5333. Ph. 8584 6855

Adelaide Hills

Carer Wellness Centre Adelaide Hills

Web: www.carerwellness.org.au

39 Onkaparinga Valley Rd, Woodside 5244. Ph. 8389 7383

7 Catherine St, Strathalbyn 5255. Ph. 8549 1299

Barossa Area

Carers Link Barossa and Districts

Web: www.carerslinkbv.org

15 Second St, Nuriootpa SA 5355. Ph. 8562 4000

7 Bruce St, Eudunda 5354 (Op Shop). Ph. 8562 4000

Yorke Peninsula

Carers Link Yorke Peninsula

Web: www.carersupportsa.org.au/clyp

Shop 3/21 Frances Tce, Kadina 5554. Ph. 8821 2444

39 Warooka Rd, Yorketown 5576. Ph. 8821 2444

Lower North Region

SA Country Carers

Web: www.sacountrycarers.org.au

1 Blanche St, Clare 5453. Ph. 8842 1118

26 George St, Balaklava 5461. Ph. 8829 0979

Northern Region (incl. Pt Pirie, Pt Augusta, Whyalla)

Carers SA: Northern Country Carers

Web: www.carers-sa.asn.au

Shop 1/5 Young St, Pt Augusta West 5700. Ph. 8641 1844

Eyre Peninsula

Carers SA: Eyre Carers

Web: www.carers-sa.asn.au

1/18 King St, Port Lincoln 5606. Ph. 8683 4477