



# CARER ADVISORY SERVICE 1800 242 636



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The Carer Advisory Service provides information and advice to carers and their families about carer supports and services.

We can also help service providers and other people looking for information about carer supports and services.

The Advisory Line is available from Monday to Friday (excluding public holidays).

Call 1800 242 636 anywhere in Australia and speak to a carer advisor (free call from landline, mobile calls charged at mobile rates).

Our experienced carer advisors can help you:

- access specialised information and resources
- direct you to supports and services to assist you in your caring role
- find other services available to you such as respite and short term counselling
- find a carer support group
- communicate your needs effectively to the people and services you need to support you.

Translation services are available if English is not your preferred language.

Go to [www.carersaustralia.com.au](http://www.carersaustralia.com.au) to connect with your state or territory Carers Association.

Carers provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or are frail aged.

This national service is funded by the Australian Government.