Are you a Carer?

Carers are people who take care of someone in their family who has a chronic physical or mental illness, a disability or an alcohol or drug problem, and needs help to live at home. Family Carers may help with bathing, feeding, giving medication, getting around and keeping medical appointments.

Being a Carer is a busy role which can be rewarding but can also make you tired, ill or depressed. Sometimes it can be hard to find someone who can help. Fortunately, there is support available in your community through Carers ACT.

"We all help each other. It’s good to know there are people who can support us when we reach out."

Contact us

Carers ACT Inc.
80 Bearepaire Crescent
HOLT ACT 2615
Ph: (02) 6296 9900  Fax: (02) 6296 9999
Commonwealth Respite
& Carelink Centre ............. 1800 052 222
Carer Advisory Service ........ 1800 242 636

Website: www.carersact.asn.au
Email: carers@carersact.asn.au

Or call our Carer Advisory Service: 1800 242 636*

*An Australian Government Initiative. Free local call. Mobile phones will be charged at mobile phone rates.

Indigenous Family Carers

Practical help & support for Aboriginal and Torres Strait Islander Carers in the ACT

Carers ACT
Supporting Family Carers in Ngunnawal Country
Indigenous Family Carers

On your request, we can provide you with:

- **Respite** – to give you a break from caring and some time out for yourself
- **Counselling** – to have a confidential chat with someone who can help you through tough times
- **Information and Advice** – to give you practical support and tips
- **Service Referrals** – to culturally appropriate support in your area
- **Case Management** – providing one-on-one family support
- **Social Support** – through our monthly support group and Yarning Trips
- **Education and Training** – to help you with the skills you need to care

Yarning Trips

"Being a Family Carer is hard work but I'm doing okay now that I have more support. I had a great time on the Yarning Trip and got to meet more Carers like me."

Carers ACT organises several Yarning Trips a year to help you "get away" and learn more about Indigenous cultural practices around Australia.

Each of these trips include traditional cultural elements, such as a welcome from local Indigenous communities to the visiting Canberra Indigenous people, singing, dancing, art and history.

Our Yarning Trips have included going to Kangaroo Valley, Western Plains Zoo in Dubbo, the Yamma Festival in Bourke (Central West NSW) and to Sydney to see Christine Anu in concert.

We can arrange for your cared-for person to enjoy culturally appropriate respite care and services while you take a break. Come have some fun, see new things and make new friends.

How can Carers ACT help me and my family?

Carers are people who take care of someone in their family who has needs associated with a disability, a chronic illness, a mental illness, ageing or an alcohol or drug problem. We have coordinators who can work with your family to support you, as you care for another person. We work to provide you with the best solutions for your family and can help you to access services.

It is important for you to look after yourself, so that you are able to look after your family. Support provided by Carers ACT can enable you to have some time for yourself, with your family, or with other people in your community who are in a similar situation to you. You do not have to access all of the help offered by Carers ACT, you can choose the help you need from what is available.

How can I meet and learn from other Family Carers?

The Indigenous Carer Support Group

"I love playing bingo and catching up with friends each month. It is good for me."

Carers ACT organises for Indigenous Carers to meet together each month at Boomanulla Oval in Narrabundah. This monthly gathering gives you the opportunity to enjoy social and recreational activities that give you a break from caring. The Indigenous Support Group is an ideal opportunity to meet and learn from other Family Carers. Guest speakers are invited each month, offering you the chance to discuss caring issues in a friendly and supportive group. Group members also take part in fun activities, such as bingo, at each meeting.