

prime times

AUTUMN EDITION



From left, Bruce Donovan with wife and carer Mary Donovan, Carers Tasmania chief executive officer David Brennan, and carer Aly Mellor

Care2Serve: Caring for those who care for others

THERE are more than 80,000 people in Tasmania who act as primary carers for a loved one with a disability, mental illness, life-limiting condition, or alcohol or drug dependence.

It's a hard job with long hours – and it's unpaid.

But when those carers need some help themselves, they can turn to Care2Serve.

Midway Point resident Mary Donovan is one of those carers, having cared for husband Bruce full-time since he was diagnosed with Huntington's Disease - a genetic degenerative brain disorder that has robbed him of his ability to move freely – more than a decade ago.

"My responsibilities

include helping him with everyday activities and his general hygiene," Mary said.

"I shower him, shave him, cut his hair, prepare meals and cut up his food, do puzzles and activities with him, take him to appointments, visit family and friends, and do the family finances."

"The hardest part of being a carer is the physical drain, because carers get very tired in their roles."

When she desperately needed some respite Mary called the team at Care2Serve, who believe carers are the unsung heroes of our local communities.

Care2Serve puts carers first, connecting them to practical advice and early intervention

support services before they reach a crisis point.

It is also the local Tasmanian provider of support services through the National Carer Gateway, which was developed by the Australian Government to make it easier for carers to obtain information, advice and support in their caring role.

By having a single phone number and website, and by reducing the number of organisations nationally from more than 140 down to just 10, carers now find it easier to access support via the Gateway.

They now have access to vital new services including peer support, training and coaching, carer support planning,

counselling, emergency respite care, and tailored financial packages.

Care2Serve is your first point of contact for all carer services in Tasmania.

"Care2Serve is there for everybody," Mary said.

"Just get on the phone and they'll help you with everything you need, whatever questions you have - they'll find an answer for anything."

To register and complete a Carer Support Plan, organise a conversation with one of our Carer Support Officers over the phone, face-to-face or via video link.

To start the process, phone 6144 3729 or go to <https://care2serve.com.au>

