

# One in six Tasmanians is caring for a family member or friend right now. Could this be you?

## Does the person you care for have any of the following?

- Disability
- Mental ill health
- Chronic or life-limiting condition
- Is palliative
- Alcohol or other drug dependence
- Is frail or aged

## Family members or friends are unpaid carers if they do the following for the patient-

- Provide emotional support
- Do housework or maintenance
- Accompany or take them to appointments
- Help them get in and out of bed
- Help with medication
- Manage their finances
- Stay with them if something goes wrong (i.e., they may have a fall etc.)
- Look after their personal care
- Help them move safely around the home or outside

**Eligibility** – Unpaid carers can access FREE support from the Australian Government Carer Gateway program if any of these apply:

they have/will be caring for 6 months

caring is expected to be an ongoing role

the person you care for is palliative

## What may the free support look like?



24/7  
Emergency  
after hours  
support



Help with  
accessing  
residential  
respite



Emotional  
support or  
counselling



Help at home  
eg. meal prep,  
domestic  
assistance



Help with  
referrals  
and service  
navigation

To find out more or register, contact Carer Gateway at - [carergateway.gov.au](http://carergateway.gov.au) or 1800 422 737 (and press 1 at the menu)



Scan here to refer  
someone or yourself

