


Carer Gateway is an Australian Government service dedicated to supporting family and friend carers.

In Tasmania, Care2Serve, the service arm of Carers Tasmania delivers Carer Gateway services.



As a Rainbow Tick accredited organisation, we provide inclusive, free and confidential support.

Our staff are friendly, trained in LGBTIQ+ awareness and inclusion, and approachable – many have been or are carers themselves.

 **1800 422 737**  
(and press 1 at the menu)  
**Monday–Friday 8am–5pm**

 [intake@care2serve.com.au](mailto:intake@care2serve.com.au)

 [Facebook.com/care2serve](https://www.facebook.com/care2serve)

[carergateway.gov.au](http://carergateway.gov.au)



*“Caring for my partner is a big part of my life, but it can be hard to find support that truly understands us. Care2Serve has been welcoming and respectful, making sure we both feel valued and supported.”*



*“Some days, everything just piles up, and it’s hard to keep on top of it all. Having someone step in for a few hours to help out makes such a difference—it gives me the breathing space I need.”*

## Here are three things you can do today

### Navigate the maze

Not sure how the system connects? Contact us to find out how to access support for the people in your life.

### Find supports for you

Worked out you’re wearing a carer’s hat? Find out about or get access to supports to help you.

### Be prepared for an emergency

If you can’t care for the people you’re supporting due to an illness or other emergency, we can help. Register with us online.

### Register with us online



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## Do you wear a carer’s hat too?



One in six Tasmanians is supporting someone in their life right now.

You can be a partner, parent, child, grandparent, grandchild, sibling, or friend – and still be a carer.



## How do I know if I am a carer?

### Think about the people around you.

#### Tick if you:

- Provide emotional support
- Do housework or home maintenance
- Take them to appointments
- Help them in or out of bed (or remind them to get up each day)
- Help with medication
- Manage finances
- Be there with them in case something goes wrong (i.e. they may have a fall, etc.)
- Help look after their hygiene
- Help them to safely move around at home or when they're out and about

#### Thinking about the same people, tick if they (have):

- Disability
- Mental ill health
- Chronic illness
- Life-limiting illness
- Alcohol or other drug dependence
- Are frail or aged

*If you answered YES to providing support and ticked one or more boxes above, you are likely a carer.*

## Carer Gateway is here for you.

*"I always saw myself as a partner, a friend, and a support—just doing what anyone would for the person they love. It wasn't until I felt overwhelmed caring for my husband through his illness that I realised I was a carer, too. With Carer Gateway support, I now have the space to breathe and take care of myself as well."*



Practical help to navigate all the different services you can use, such as My Aged Care, NDIS and Centrelink



Guidance on supports for the person/people you care for



Advice and referrals to help you plan for the future



Additional support at home to help you keep on top of things



Support to stay working or to return to work



Talking to someone who is outside your situation, such as our free counsellors or coaches



Connection with others in a similar situation who know what you're going through



Emergency support 24/7 if something happens that prevents you being able to provide care



Workshops and wellness events to help build your wellbeing and resilience, and to meet other carers

## Free, confidential services.

**We all wear many hats in life - partner, parent, child, grandparent, grandchild, sibling, friend or neighbour and many others.**

**We can often be wearing a carer's hat, too, and not even know.**

If you provide practical and emotional support to someone with disability, mental ill health, a chronic or life limiting illness, who is frail or aged or has alcohol or other drug dependence, then you are likely a carer.

Caring comes with a mix of feelings. Many find caring for someone they love or care for to be rewarding and fulfilling. Many also experience stress, tiredness, exhaustion and even grief from giving up everyday activities for their caring role and feel isolated.

Needing support as a carer can creep up on you. The demands on your time and emotions will often increase over time. Reaching out for extra support doesn't mean you're letting yourself or the person you care for down.

Accessing support early in your caring journey can make all the difference.

***Carer Gateway offers free, friendly and confidential supports across Tasmania. Contact us today.***