Do you look after someone? You might be a carer.

A carer is someone who provides unpaid care and support for another person, often a family member or friend.

Do you look after someone who has:

- ☐ Disability
- ☐ Mental ill health
- ☐ A chronic or life-limiting condition
- ☐ Alcohol or other drug dependence
- ☐ Who is frail aged

And do you do any of these things for them because they can't:

- ☐ Give them medication
- ☐ Help them with personal care or showering
- ☐ Support them to get in and out of bed
- ☐ Help them get ready
- ☐ Shop for them or with them
- ☐ Remind or take them to appointments
- ☐ Do the cleaning or cooking
- ☐ Provide emotional support
- ☐ Care for other family members

If this sounds like you, support from Carer Gateway is available.

Carer Gateway

An Australian Government Initiative

Free confidential support

1800 422 737 (press 1)

Carer Gateway

An Australian Government Initiative

care2serve

YOU'RE ALWAYS FIRST

PART OF THE CARERS TASMANIA GROUP

In Tasmania, Carer Gateway is delivered by Care2Serve, the service arm of Carers Tasmania.

Weekdays: 8am to 5pm
Email: intake@care2serve.com.au
Phone: 1800 422 737
Website: carergateway.gov.au

Moonah | Launceston | Burnie

care2serve.com.au

Rainbow Tick

QIP Quality Innovation Performance ACCREDITED

Are you caring for a family member or friend?

Free confidential support for Tasmanian carers

Carer Gateway

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One in six Tasmanians is caring for a family member or friend. Anyone, anytime can become a carer.

Free support is available for Tasmanian carers through Care2Serve, Tasmania's Carer Gateway provider.

Contact Carer Gateway to find out what support options are available for you.

Carer Gateway is a free service designed to provide information, advice and support to carers.

Our services are inclusive, free and confidential. Registration is quick and obligation-free. You can choose to opt out at any time.

If you are eligible, Carer Gateway may provide:

- **Answers to questions you might have** – free information, advice and recommendations
- **Someone to talk to** – free and confidential counselling
- **Coaching** – create a plan to reach your goals
- **Help at home** – short term support with cleaning or meal preparation
- **24/7 Emergency support** – taking on caring when you can't
- **Time to just be yourself** – respite and activities so you can recharge
- **Help with work** – support you to work or return to work
- **Connection with others** – meet other carers who understand what you're going through