



Carers

If you care for a relative or friend who has an ongoing health condition, then **this is for YOU.**

Carer Support Unit

As a carer you are vital to the health and wellbeing of our community. The Carer Support Unit is here for you, to assist you in your caring role, and to focus on you and your own wellbeing.



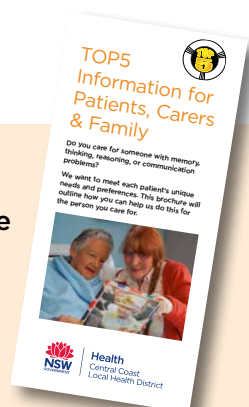
You can ring us on **4320 5556**, or visit the **Carer Retreat**, 9.00 am to 4.30 pm, Monday to Friday, at **91 Holden Street Gosford** (opposite Gosford Hospital).

We offer support, resources, information, business facilities, parking, Tai Chi, meditation & refreshments.



TOP5

TOP5 was developed alongside carers, and is used by healthcare staff to record the carer's advice about ways to interact with the patient. Ask for a brochure.



Support groups

Being part of a support group you will meet people who have faced similar challenges. They can guide and support you through the hurdles they have already faced.

The Central Coast Support Groups and Services Directory is filled with local groups and agencies. You can call the Carer Support Unit to request a copy or download the Directory on-line from the website:

www.cclhd.health.nsw.gov.au and search "carer"



You might also wish to contact these services:

Financial assistance

Carers may be entitled to certain payments from Centrelink including:

- **Carer Payment:** for carers providing daily care (income test applies)
- **Carer Allowance:** carers providing regular care (not income tested)

Contact your local Centrelink office or call the carer number **132 717**.



Health
Central Coast
Local Health District

Commonwealth Respite and Carelink Centre

This Central Coast service can help you arrange to take a break (respite). This includes help with emergency respite, short term respite or a longer break. Respite can be offered in your home, or at a Care Facility, dependent on the situation.

Call **1800 052 222**.

Carer Gateway

Carer Gateway is the Australian government's portal to all things relevant to Carers and caring.

Call **1800 422 737** or visit the website **www.carergateway.gov.au**

Carers NSW

Carers NSW is the peak organisation for carers in NSW. Services include:

- Information and resources
- Counselling and support
- Education and training
- Contact details for support groups

Call Carer Line **1800 242 636** or see the website **www.carersnsw.org.au**



FURTHER INFORMATION

Carer Support Unit - 4320 5556
situated in the **Carer Retreat**
91 Holden Street, Gosford
(opposite Gosford Hospital)

Email:

CCLHD-CSUCC@health.nsw.gov.au

www.cclhd.health.nsw.gov.au

and search "carer"

Action for Carers

NSW Carer Recognition Act (2019)

NSW Carers Strategy (2014-2019)

NSW Health Recognition and Support for Carers Key Directions (2018-2020)

These policies promote:

- Carers as partners in care
- Carer's access to information & support
- Carer's emotional, physical and financial health.

The Rights of Carers are also protected by the

Australian government's Anti-Discrimination Act 1977 and Fair Work Act 2009.



How are we doing?

If you have comments about your experience as a carer within Central Coast Local Health District services please speak to the relevant Department Manager or Consumer Feedback Manager on 4320 3920.

For more information

There is a wealth of information for carers available on the internet. If you are not comfortable using the internet call the Carer Support Unit on **4320 5556** about individual and small group support.

Here are a few websites that carers may find helpful:

CCLHD Carer Support Unit

www.cclhd.health.nsw.gov.au/patientsandvisitors/CarerSupport

Health Direct

www.healthdirect.gov.au

Working Carers

www.workingcarers.org.au

Young Carers

www.youngcarersnsw.org.au

My Aged Care

www.myagedcare.gov.au



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