



## CONTACT US

### Carer Advisory Service

Phone: 1800 242 636  
(free call except from mobiles)  
Email: [cas@carersqld.asn.au](mailto:cas@carersqld.asn.au)

### Head office

15 Abbott Street, Camp Hill  
Brisbane 3900 8100

### Brisbane North

236 Stafford Road  
Stafford 3624 1700

### Brisbane South

1/1414 Logan Road  
Mount Gravatt East  
3723 5001

### Cairns

1/320 Sheridan Street  
4031 0163

### Gold Coast

1/24 Cotton Street  
Nerang 5596 5726

### Hervey Bay

8/19-21 Torquay Road  
Pialba 4124 0922

### Ipswich

Level 3, 28-30 Thorn Street  
3454 0550

### Mackay

4/19 Palmer Street  
4944 0544

### Roma

144 McDowall Street  
4622 1270

### Rockhampton

1/83 West Street  
4921 4486

### Sunshine Coast

1/10 Wrigley Street  
Maroochydore  
5451 1882

### Toowoomba

632 Ruthven Street  
4635 8379

### Townsville

210 Ross River Road  
Aitkenvale, 4725 8853

[www.carersqld.asn.au](http://www.carersqld.asn.au)

Funded by the Australian Government  
Department of Social Services. Visit the  
Department of Social Services website  
([www.dss.gov.au](http://www.dss.gov.au)) for more information.

Although funding has been provided by the Australian  
Government, the material contained herein does  
not necessarily represent the views or policies of the  
Australian Government

Carers Queensland Ltd. ABN 20 061 257 725 ACN 618 755 490  
CQ 072017



Queensland  
Government

# ARE YOU A CARER?



  
**CarersQLD**  
Australia

**CARER ADVISORY SERVICE (QLD)**  
**1800 242 636**

**RESPITE & CARELINK CENTRES**  
**1800 052 222**

**MY AGED CARE**  
**1800 200 422**

**NATIONAL CARER GATEWAY**  
**1800 422 737**

Visit our website [www.carersqld.asn.au](http://www.carersqld.asn.au)  
for more information and to subscribe  
to our eNewsletter for the latest carer  
information.

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

## ARE YOU A CARER?

For many people, it's easy to see yourself first as a parent, child, family member, friend or partner, but perhaps you are one of Australia's 2.7 million carers?

If you provide unpaid care and support to family members or friends with disability, a mental illness, chronic condition, terminal illness or who are frail aged, you are not alone.

### CARING IN DIFFERENT WAYS

Unpaid family carers come from all walks of life and help the people they care for in many different ways. Some carers have sole responsibility for caring, while others share it. Some carers provide 24-hour care to family members with complex needs, while others may assist with daily activities, like housework and shopping.

Every caring situation is different. It can bring both joy and challenges. But there is one thing that all carers have in common – they give comfort, encouragement and support to the person they care for.

### CARERS NEED CARE TOO

The responsibility can impact the ability of a carer to have a normal life. Socialising, financial security, education and other opportunities that were once part of everyday life can be diminished because of the challenges involved with family caring. Additionally, a carer's own health and wellbeing can deteriorate as a result of their responsibilities. It is therefore essential that unpaid family carers receive effective support and recognition for their caring role.

## CARERS QUEENSLAND IS HERE FOR CARERS

Carers Queensland is the peak body for family carers in Queensland, representing the diverse needs and interests of carers. We provide much-needed support, innovative programs and services to help them re-connect, revitalise and access special services and assistance. This goes a long way towards improving carer health, wellbeing and financial security.

As an advocate for carer rights, Carers Queensland also seeks to influence governments and other decision-makers to improve services and support and develop programs and policies that assist carers to perform their caring role.

**OUR MISSION IS TO IMPROVE THE QUALITY OF LIFE FOR ALL CARERS THROUGHOUT QUEENSLAND**



## CARER SERVICES

We offer a range of programs and services for carers, including:

- Carer Advisory Service
- Carer support groups
- Counselling
- Guardianship and Advocacy Program
- Individual support and advocacy
- Education and Training\*
- NDIS LAC Partner in the Community Program
- Aged Care Management Services
- Young Carer Program
- No Interest Loan Scheme (NILS)
- Cultural and Linguistically Diverse program
- Better Start program
- Your Life Your Choice host provider
- Continence Foundation Health Promotion

\* Carers Queensland is a Registered Training Organisation

### CARER ADVISORY SERVICE

For more information on any of our services and/or to seek referral advice please call our Carer Advisory Service (CAS).

**A statewide service**

**FREECALL™ 1800 242 636**

**Monday to Friday 9am – 5pm**