

# ARE YOU A CARER?

Or maybe you know someone who is.



  
**CarersQLD**  
Australia

*Making life better*

## It's easy to see yourself 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.



### We are dedicated to making life better

For more than 30 years, Carers Queensland has been working to advocate for equal rights, opportunities, and enhanced outcomes for caring families.

We work within and value our local community, responding to unmet need with care and respect, assisting those who are disconnected through high-quality personalised support.

Our objective is to ensure you achieve your goals, enhance your relationships, and can move forward with a life based on your own decisions and choices.

### Carers Queensland offers a range of free programs to carers including:

- Carer Health and Wellbeing
- No Interest Loan Scheme
- Guardianship and Advocacy Program
- It's All About Me – Young Carers, Adult Resilience (Rockhampton)
- Community Engagement and Awareness

### Other Support Services

#### National Carer Gateway

 1800 422 737

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

# CONNECT WITH US

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