



# Carer Support

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*Supporting those who support others*



the  
power of  
humanity

“I find the support group extremely good. We all have a laugh together”  
– Carer

Caring for a loved one or friend can be a demanding and sometimes isolating experience.

Red Cross can support you if you are caring for someone who has difficulty with everyday tasks, including accessing their local community. The person you care for must be an older or frail person, or someone who has an ongoing disability (including medical and mental health conditions).

Why not join our Carer Support groups that meet on a regular basis? Carers share common experiences and enjoy social interaction while taking a short respite break.

**Other support includes:**

- One-on-one support with a Red Cross Carer Support Coordinator
- Specialised information and training
- Advocacy
- Respite care and transport can be arranged to attend support group meetings

**FOR MORE INFORMATION:**

**T. 1800 441 014**

**E. [wacarersupport@redcross.org.au](mailto:wacarersupport@redcross.org.au)**

**W. [redcross.org.au/CarerSupport](http://redcross.org.au/CarerSupport)**

- National Relay Service for hearing impaired callers  
1800 555 677 then ask for 1800 441 014.
- Speech-to-speech Relay  
1800 555 727 then ask for  
1800 441 014.
- Translating and Interpreting  
Service (TIS) – 131 450.



*home and community care*

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED