

# **Information For Families And Carers**

**Family and friends play an  
important role in caring for  
someone with a mental illness,  
disability, chronic illness or  
who is frail aged**

***Find information, services and supports that  
are available and tips for looking after  
yourself while caring for others***



**Health**  
Far West  
Local Health District

**There are many people who provide support to someone with a mental illness, disability, chronic illness or who is frail and aged. They do this because they CARE about that person and what happens to them. People often fall into the role of CARER because it becomes a natural extension of their relationship with the person.**

**Anyone can be a CARER, including partners, parents, friends, siblings, neighbours and children. A carer is someone who provides ongoing, unpaid support to another person.**

**FAMILY and FRIENDS play an important role in caring for and supporting people living with an illness. They may offer practical assistance such as personal care, mobility, transport, communication, housework or emotional support.**

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## A Great Place To Start For Support And Services

### Information And Practical Resources To Support Carers

#### Am I A Carer

A carer is any person who assists a family member or friend who has a disability, chronic illness, dementia, mental illness or is frail aged.

Carers can be family members or friends. They can be parents, children, siblings, grandparents or neighbours. Some carers look after another person 24 hours a day and help with daily living activities. Other carers look after people who are mostly independent but need help with some everyday tasks.

#### Contact Carer Gateway

Call **1800 422 737**, Monday to Friday, 8am-6pm or visit [carergateway.gov.au](http://carergateway.gov.au)  
You can also contact the Carer Gateway via the National Relay Service at [relayservice.gov.au](http://relayservice.gov.au)

If you are more comfortable having a conversation in a language other than English call the Translating and Interpreting Services on **131 450**.

#### What Is The Carer Gateway?

Funded by the Australian Government, the Carer Gateway is a new, national service which provides information and practical resources to assist carers.

#### What Information Is Available?

If you are caring for someone, contact the Carer Gateway to find out about:



Local support such as respite services



How to look after yourself while caring for someone



Financial and legal considerations



What to do in an emergency or crisis situation



How to adjust when caring ends

**AN AUSTRALIA  
THAT VALUES AND  
SUPPORTS ALL  
CARERS**





The NDIS is the new way reasonable and necessary supports are provided to Australians under the age of 65 with permanent and significant disability to live an ordinary life.

The NDIS supports people with disability to build skills and capability so they can participate in the community and employment.

### **The NDIS helps people with disability to:**

- ♦ **Access mainstream services and supports**
- ♦ **Access community services and supports**
- ♦ **Maintain informal support arrangements**
- ♦ **Receive reasonable and necessary funded supports**

Assistance from the NDIS is not means tested and has no impact on income support such as the Disability Support Pension and Carers Allowance.

**Visit [www.ndis.gov.au](http://www.ndis.gov.au) or call 1800 800 1100**



**myagedcare**

**Are you or someone you care for over the age of 65 and need some extra help?**

My Aged Care aims to make it easier for older people, their families and carers to access information on ageing and aged care, have their needs assessed and be supported to find and access services.

### **Access services to support you with :**

- ♦ **Transport** (eg appointments and activities)
- ♦ **Household jobs** (eg vacuuming and preparing meals)
- ♦ **Modifications to your home** (eg hand rails, ramps)
- ♦ **Nursing and personal care** (eg help getting dressed, help shaving)

**Visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call 1800 200 422**

# DO YOU WANT TO GET HEALTHY?



Drink less alcohol



Get active



Eat healthily



Reach a healthy weight



Achieve a healthy weight gain in pregnancy

## START A HEALTHY DISCUSSION THAT IS ALL ABOUT YOU

*get healthy*  
Information & Coaching Service

Call **1300 806 258**

Mon – Fri / 8am – 8pm

or visit

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

Free interpreter services available



**FREE** TELEPHONE HEALTH COACHING SERVICE

## ABOUT THE SERVICE

The Get Healthy Information and Coaching Service is a **FREE** and **CONFIDENTIAL** phone based service. It is open to anyone aged 16 years and over.

You will get your own university qualified health coach to help you make healthy lifestyle changes.

## WHAT THE SERVICE OFFERS

- Your own personal health coach
- 10 confidential coaching calls over six months
- Motivation and support to set your own healthy lifestyle goals
- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas
- Option to re-enrol for coaching or get six months of SMS based coaching for FREE.

## MAKE A CHANGE TODAY

**MAKE**  
**HEALTHY**  
**NORMAL**

*get healthy*  
Information & Coaching Service



# DO YOU WANT TO DRINK LESS ALCOHOL?

**Sign up today. Call 1300 806 258.**

**Monday – Friday / 8am – 8pm**

Alcohol contains a lot of kilojoules so it can easily contribute to weight gain. Like sugar, alcohol has 'empty kilojoules' because it contains few nutrients for the body to use.

Also when you drink alcohol, you become less aware of the food you are eating and can easily overeat.

Current Australian Guidelines recommend **no more than two standard drinks per day for women and for men.** In addition to one or two alcohol free days per week.

## A FEW THINGS TO NOTE

- A standard drink contains 10 grams of pure alcohol
- Alcohol products must display the number of standard drinks they hold
- There are no common glass sizes used in Australia.
- Drink serving sizes – glasses, bottles, cans – are often more than one standard drink.



**The Get Healthy Information  
and Coaching Service -  
Alcohol Reduction Program is  
open to anyone aged 18 years  
and over.**

## WHAT THE SERVICE OFFERS

- Your own personal health coach
- 10 confidential coaching calls over six months
- Motivation and support to set your own healthy lifestyle goals
- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas
- Option to re-enrol for coaching or get six months of SMS based coaching for FREE.

**MAKE A CHANGE TODAY**

**MAKE  
HEALTHY   
NORMAL**

**get healthy<sup>®</sup>**  
Information & Coaching Service



## TALK IT OVER COUNSELLING FOR CARERS

If you look after a family member or friend with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail aged **you are a carer.**

Caring can be challenging but there are people who understand and can help you through the ups and downs of the caring experience. It is very common to experience a broad range of emotions during your caring role including stress, anxiety and grief.

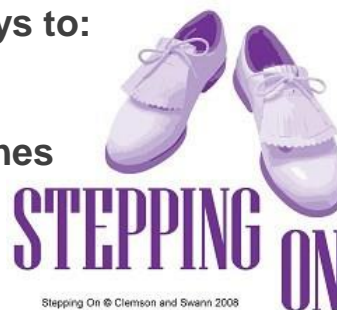
Carers NSW offers a range of **FREE** counselling services across the state through the **National Carer Counselling Program**. To access this service please contact the **CARER LINE 1800 242 636**. The Carer Line is a national phone service staffed by a team of Carer Support Officers who can provide you with access to information, support, referrals and other Carer NSW Services.

## Falls Prevention Program For People 65 And Over

Stepping on is a **FREE** group program run by the Broken Hill Health Service Occupational Therapy Department to help people 65 and over who are at risk or have had a recent fall.

During the program you will achieve and learn ways to:

- ♦ Reduce your risk of having a fall
- ♦ Improve your strength and balance
- ♦ Learn about essential nutrition for healthy bones
- ♦ Manage medications wisely
- ♦ Identify trip hazards
- ♦ Maximise your independence
- ♦ Move safely around the community



For more information contact the Occupational Therapy Department at the Broken Hill Health Service on 08 8080 1407.



# Advanced Care Planning

**Advanced Care Planning can help ensure the wishes of the person you care for are considered when they can no longer make decisions about their health care.**

Advance care planning becomes important when a person becomes so sick that they are no longer able to communicate their medical and care needs or make decisions. It means that everyone including medical staff, family, carers and friends knows what they would have wanted.

## Advance Care Planning involves:

- Appointing a substitute decision-maker
- Completing an Advance (Health or Care) Directive.



## What Is An Advanced (Health or Care) Directive?

Most Advanced Care Plans require an Advanced (Health or Care) Directive or similar document. This is a formal written record of a person's preferences for future treatment.

The Directive can record the person's values, life goals and preferred outcomes, or directions about care and treatments. Advance Care Directives can also appoint a substitute decision-maker.

The person making the Directive must have the capacity to make decisions at the time the Directive is made. This means the person being cared for is still able to voluntarily make their own informed decisions and communicate that decision to others.

## What You Will Need?

An Advanced Care Plan may require a range of documents including:

- An Advance (Health or Care) Directive (or other similar document)
- An Enduring Power of Attorney (or other similar document)
- A letter to the person who will be responsible for the decision making
- An entry in the person's medical record
- Instructions which clearly outline the person's view.

Advanced Care Planning Australia lists the requirements for each state and territory. [www.advancecareplanning.org.au/](http://www.advancecareplanning.org.au/)

It's important to let others know of the Advanced Care Plan and where copies are kept.

You may also want to have your own Advanced Care Plan, should anything happen to you as the primary carer.



# Family and Carer Supports

## Respite Services

### Commonwealth Respite and Carelink Centre 1800 502 222

Respite can allow both you and the person you care for to take a break. It can also be used in an emergency.

### Livebetter 1800 580 580

If you are a carer for someone frail, with a disability or a chronic illness, Commonwealth Carer Respite Centre (CCRC) can provide you with information, referrals and respite care that offers you support and long-term, sustainable options.

## Aged Care

### My Aged Care 1800 200 422 [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Can help you find information about the services you or the person you care for need and what you need to do to receive them.

### NSW Dementia Behaviour Management Advisory Service 1800 699 799 [www.dementia.org.au](http://www.dementia.org.au)

This is a 24hr free call service to assist families and carers to support, understand and respond to behaviours and needs of a person who suffers from dementia.

### Far West Dementia Advisory Service 1300 005 060

Provides support, advocacy, counselling, education, information, support group for carers of people with dementia.

## Disability

### National Disability Insurance Scheme (NDIS) 1800 800 100 [www.ndis.nsw.gov.au](http://www.ndis.nsw.gov.au)

The NDIS is the new way support is provided to Australians under the age of 65 with permanent and significant disability with reasonable and necessary supports they need to live an ordinary life.

## Financial and Legal Assistance

### Centrelink 13 27 12 [www.centrelink.gov.au](http://www.centrelink.gov.au)

You may be eligible for a carers payment or allowance.

### Lifeline Financial Counselling Service 13 11 14/ 80 87 7525

Lifeline provides a free financial counselling service.

### NSW Trustee and Guardian 1300 364 103 [www.tag.nsw.gov.au](http://www.tag.nsw.gov.au)

### Guardianship Tribunal 1300 006 228 [www.ncat.nsw.gov.au](http://www.ncat.nsw.gov.au)

## Mental Health

### Mental Health Line 1800 011 511

Operates 24/7 across NSW supporting anyone with a mental health issue or their carer and family to talk with a mental health professional and connect you with the care that is needed.

### Family & Carer Mental Health Program Refer to last page of this booklet.

### Mental Health Carers NSW 1300 554 660 [www.mentalhealthcarersnsw.org](http://www.mentalhealthcarersnsw.org)

Information and support line for carers of people who are living with a mental illness.

### Suicide Line 1300 651 251 [www.suicideline.org.au](http://www.suicideline.org.au)

24/7 telephone counselling service offering professional support to people at risk of suicide, people concerned about someone else's risk of suicide and people bereaved by suicide.



# Wellbeing, Support & Information

## Mental Illness

Beyond Blue  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Black Dog Institute  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

Sane Australia  
[www.sane.org](http://www.sane.org)

Mental Illness Fellowship of Australia  
INC  
[www.mifellowshipaustralia.org.au](http://www.mifellowshipaustralia.org.au)

Psychosocial Disability NDIS Resources  
[www.reimagine.today](http://www.reimagine.today)

Australian Drug foundation  
[www.adf.org.au](http://www.adf.org.au)

Lifeline  
[www.lifeline.org.au](http://www.lifeline.org.au)

## Cancer

Cancer council NSW  
13 11 20  
[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

## Stroke

Stroke Foundation  
1800 787 653  
[www.strokefoundation.org.au](http://www.strokefoundation.org.au)

Enableme  
[www.enable.org.au](http://www.enable.org.au)

## Parenting and Relationships

Parentline  
1300 30 1300  
[www.parentline.com.au](http://www.parentline.com.au)

Relationships Australia  
[www.relationships.com.au](http://www.relationships.com.au)

Post and Antenatal Depression Association  
(PANDA)  
1300 30 1300  
[www.panda.org.au](http://www.panda.org.au)

Mensline  
1300 789 978  
[www.mensline.org.au](http://www.mensline.org.au)

Please note this is not an exclusive list, there are many sources of information out there. These make a good starting point.





# Supports For Young Carers

## National & State Online and Phone Supports

### Carers NSW/Young Carers NSW

Free call: 1800 242 636 available 9am – 5pm

Monday to Friday or you can sign up online

<http://www.youngcarersnsw.org.au>

<http://www.carersnsw.org.au>

- Information, support and referral
- Emotional support
- Counselling
- Finances
- Respite services
- Advocacy and legal services

### Carers Gateway

Free call: 1800 422 737 available 9am – 5pm

Monday to Friday

<https://www.carergateway.gov.au>

- Local support such as respite services
- How to look after yourself
- How to adjust when caring ends
- Financial and legal considerations
- What to do in an emergency or crisis situation

### Carers Australia

Free call: 1800 242 636 available 9am – 5pm

Monday to Friday or you can sign up online

<http://www.youngcarersnetwork.net.au>

Free call: 1800 242 636 available 9am – 5pm

Monday to Friday

<http://www.carersaustralia.com.au>

- Tips and resources
- Carer stories
- Talking to your friends
- Financial help
- Looking after yourself
- Time management
- Talking to teachers and medical professionals
- Advocacy

### Young Carer Bursary Program

[www.youngcarersnetwork.com.au](http://www.youngcarersnetwork.com.au)

Is a \$3000 scholarship offered to 333 young carers engaging in education. The bursary aims to help relieve financial pressure for young carers while they combine studying and their caring responsibilities. Applications open in late July, early August each year and are accepted for up to six weeks from the opening date.

### Kidshelpline

Free call: 1800 55 1800

<https://kidshelpline.com.au>

24/7 phone and online counselling service for young people aged 5 to 25.

### Reachout

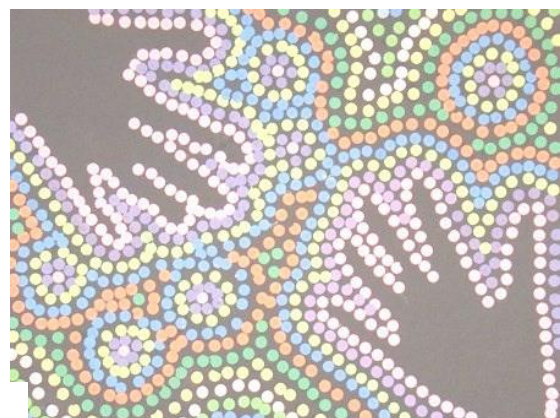
[www.reachout.com](http://www.reachout.com)

Australia's leading online mental health organisation for young people and their parents. Offering practical support, tools and tips to help young people get through anything from everyday issues to tough times.

### Youth Beyondblue

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

Support and advice for young carers as well as links to helpful support services



# Supports For Young Carers

## Local Community Supports

**Family & Carer Support Services, Far West Local Health District Community Health Centre, 2-4 Sulphide Street, Broken Hill NSW 2880**

**Phone: (08) 8080 1525 or (08) 8080 1508**

Can provide referral support to services that meet the needs of young carers when the person they are caring for accesses Far West Local Health District Services. There are two programs available:

- Family & Carer Support Program

### HeadSpace

**231 Blende Street, Broken Hill, New South Wales 2880 Phone: (02) 9393 9699**

[www.facebook.com/brokenhill.headspace](http://www.facebook.com/brokenhill.headspace)

**headspace** Broken Hill offers young people 12-25 a welcoming environment where they can access free and confidential mental health support, health advice and general information. They are a team of friendly workers who specialise in youth wellbeing.

Services include:

- General health services
- Counselling services
- Alcohol & Other Drug services
- Mental health support
- Vocational, education & training support
- Free wifi and phone charging utilities

### LiveBetter ?????

**72/74 Gypsum Street Broken Hill 2880**

**Phone: 1800 052 222**

- Respite care

**CatholicCare Family & Carer Mental Health Program (including young carers)**

**Address: 1/261 Argent St, Broken Hill NSW 2880**

**Phone: (08) 8087 3477**

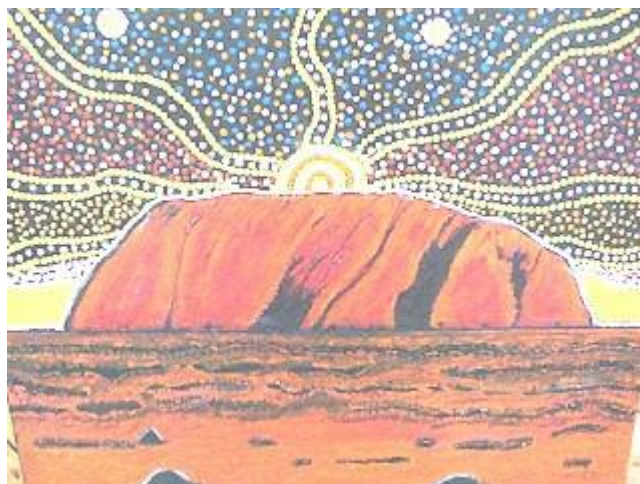
- One on one young carer support
- Wellbeing education sessions
- Group activities during school holidays

### Mission Australia

**Address: 125 Chloride St, Broken Hill NSW 2880**

**Phone: (08) 8087 2518**

- Young People's Homeless & Housing Support Service (YPHSS): supports young people aged 16 to 25 who are at risk of homelessness or who are homeless in Broken Hill and Menindee.
- Homeless Youth Assistance Program (HYAP): supports young people aged 12 to 15 who are at risk of homelessness or who are homeless in Broken Hill.





# Working and Caring

Trying to maintain both paid work and an unpaid caring role can be incredibly stressful. Many carers describe it as like trying to hold down two full-time jobs.

There are many reasons why you might be combining work and care: financial necessity, to have a break from your caring role, or maybe it's an opportunity to get out of the house and interact with others. Whatever the reason, chances are there will be times when balancing these two roles is very challenging.

There are a range of resources, information and guides available to help support working carers and employers of working carers on:

- Maintaining a healthy work, life, caring balance
- Talking to your employer about your caring responsibilities
- Flexible work arrangements and entitlements available to carers
- Carers rights in the workplace
- How to promote a carer friendly workplace

This information and more can be found:

## Carers Australia

<http://www.carersaustralia.com.au/work-and-care/work-and-care-employees/>

## Carers Gateway

<https://www.carergateway.gov.au/working-and-caring>

## Carers NSW

<https://www.carersnsw.org.au/advice/work-finance>



# Know Your Rights

## NSW Carers Charter

The NSW Carers (Recognition) Act 2010 was introduced to provide recognition of carers and families. The NSW Carers Charter recognises the enormous contribution that carers and families make to our community and provides principles to guide the way services should interact with carers.

The Charter acknowledges the importance of the Aboriginal culture, disability, age, gender, cultural and religious background of each carer.

The **NSW Carers Charter** establishes 13 principles:

1. Recognise the contribution carers make. Support them and the people they care for.
2. Be mindful of carers health and wellbeing.
3. Listen to carers and the people they care for.
4. Respect and support carers' choices, knowledge and experience.
5. Find out what supports and services carers need and refer them to those services.
6. Respect the relationship between carers' and those they care for.
7. Recognise that all carers are different.
8. Acknowledge that carers have needs and interests beyond their caring role.
9. Young carers have the same rights as all children and young people.
10. Help young carers overcome any disadvantages they face.
11. Carers should have the same rights, choices and opportunities as all Australians.
12. Take into account the additional difficulties faced by carers in rural and remote areas.
13. Support for carers should be easy to access and available when needed.

**More information on the NSW Carers (Recognition) Act 2010 and the NSW Carers Strategy 2014 - 2019 is available at:**  
**<https://www.carersnsw.org.au/facts/carers-recognition-act>**

# Looking After Yourself

***Answer the questions below and if you note any concerns please make an appointment and discuss them with your GP - looking after your own health is really important and you often put yourself last when caring for someone.***

## Health Questions

- ☐ Do you have a regular GP?
- ☐ Are you a smoker?
- ☐ Are you concerned about your weight?
- ☐ Do you get at least 30 minutes of exercise 5 times a week?
- ☐ Do you have difficulty sleeping?
- ☐ Do you have at least 3 alcohol free days per week?

## Over the past 12 months have you:

- ☐ Had your blood pressure checked?
- ☐ Had your cholesterol checked?
- ☐ Had your sugar levels checked?
- ☐ Have you had a health professional check your skin for melanomas?

## In the last 2 years have you:

- ☐ Visited your optometrist to have your eye health reviewed?
- ☐ Had a pap smear?
- ☐ Visited your dentist?

## 40 and over:

- ☐ Have you had a mammogram in the past 2 years?
- ☐ Have you had your prostate checked in the past 2 years?

## During the past 4 weeks have you experienced:

- ☐ Feeling overwhelmed with your caring role?
- ☐ Feeling sad?
- ☐ Being unable to see positives in your life?

**Many carers experience a range of feelings related to their role as a carer. Emotions like anger, depression, anxiety, loneliness, loss and grief are very common.**

**Your family and friends can provide important support but you may find it helpful to talk with a professional who is not emotionally involved with you or the person you are caring for.**

**National Carer Counselling  
Program 1800 242 636**

**The National Carers Counselling Program can assist carers with coping skills, grief and loss, emotional support, health and wellbeing and practice problem solving.**



# Looking After Yourself

Everyday life can be stressful and you might sometimes find your caring responsibilities stressful as well. There are ways to help you manage it.

## Impact of stress

When you feel stressed your body reacts as though it's being threatened: your heartbeat, breathing rate and blood pressure all increase.

Chronic stress can increase your risk of, or the impact of, stress-related illnesses, such as mental health issues, physical problems such as tension headaches, neck or back pain, lowered immunity and chronic fatigue. It can also affect your relationships, work, general health and wellbeing.

## Identifying stress

The first step to decreasing your stress is to identify what makes you feel stressed. Noting down when you feel stressed, and why, in a diary can be helpful.

## How can I manage stress?

It may not be possible to completely remove stress from your life, but you can better manage your stress and become more resilient by:

- Asking for help when you need it
- Regularly taking time for yourself (for example, by using respite care services)
- Exercising, eating healthily and getting enough sleep
- Keeping up social activities
- Attending a carer support group or seeking counselling
- Accessing available services and funding
- Acknowledging and dealing with feelings
- Planning by prioritising tasks and organising your time
- Looking out for signs of stress and having a plan for what to do when you see them
- Practising mindfulness daily.

Your doctor can also advise you on other ways to help manage stress.

# Finding a Little Bit of Time

Looking after yourself does not have to be time consuming. If you happen to have a few minutes here are some ideas that you could try.

## Two Minutes

- Breathe
- Stretch
- Laugh
- Doodle
- Think about the things you are proud of
- Say NO to a new responsibility
- Complement yourself
- Look out the window

## Ten Minutes

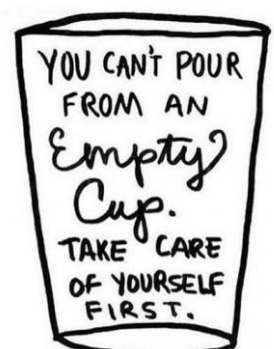
- Reflect on your day
- Write in your journal
- Call a friend
- Practice mindfulness
- Draw a picture
- Colour in
- Listen to music
- Do some stretches

## Five Minutes

- Listen to music
- Have a cleansing cry
- Chat with a co-worker, neighbour or friend
- Sing out loud
- Jot down dreams
- Step outside for fresh air
- Enjoy a snack or make a cup of your favorite tea

## Thirty Minutes

- Get a massage
- Go for a walk
- Take a bath
- Read a book
- Meditate
- Spend time on a hobby
- Do some yoga
- Read a book





# Simple Mindfulness Activities

Mindfulness activities can be very simple, but also can be very powerful. They are a fantastic way to shed yourself of unwanted mental chatter and find tranquillity in your everyday life.

## Mindful Walking

Simply bring your full attention to the simple act of walking.

Become consciously aware of and absorbed in the movement of your body as you walk.

Concentrate on the feel of the ground under your feet, or your breathing. Observe what is going on around you in the world, you don't have to try and ignore or blot out anything. Just observe everything that you experience, staying in the present moment. If thoughts pop up, just let them go and return your awareness to the walk.

The great thing about this activity is that you can practice it any time you walk, at a moment's notice. On your coffee break, in short trips from one room to another - anytime you are walking.

## Mindful Listening

When was the last time you really listened to the sounds around you?

Stop whatever you are doing and focus on listening to the sounds around. Mindful listening is a powerful way to expand the sensation of silence within you, whilst dissolving all that noise in your mind.

## Mindful Eating

This mindfulness activity is definitely the tastiest of them all. It involves nothing more than eating a meal. However, there are some do's and don'ts that will turn this into a technique for mindfulness and not just any old meal.

Find a quiet place free from distractions to eat your meal. Eat slowly and deliberately, paying full attention to each piece of food you select to eat.

*What does it look like?*

*How does it smell?*

*Focus on the texture and taste of every bite.*

*Chew slowly - be absorbed by the experience.*

**Remember, the purpose of mindfulness is to bring you into the present moment and to quiet your mind. The whole point of mindfulness is to dedicate your attention to the experience, leaving no room for mental chatter. If your mind wanders off, then bring your attention back to the experience.**



SHARE  
YOUR  
STORY!

## We Invite You To Share Your Experience To Help Us Create A Better Health Service

### Why does the Hospital want to you hear my story?

The Far West Local Health District is dedicated to our patients, families and carers. We want to continue to improve the support you and your loved ones receive from us. One of the best ways our Health Service can discover what is working well and what is not working so great is through Carer Experience stories. Your story also gives our staff insight into what life as a carer is like.

### What is a Patient or Carer Experience Story?

Carer stories give carers a voice. It is a chance for you to tell us what you have experienced though your journey with our Health Service from admission to discharge. It is also an opportunity to share with us what life is like for you as a carer.

### What is involved?

We will organise to speak with you at your convenience and then ask some questions about your most recent personal experiences with our Health Service.

### What about my confidentiality?

Your identity will remain anonymous, connection with this interview will remain confidential and will be disclosed only with your permission.

### What if I change my mind?

Your story is yours and you have full control over it, you can change or withdraw it at any time, no questions asked.

### Who should I contact if I have further questions or want to participate in a carer story?

Alyce Degoumois  
Carer Support Program  
Alyce.Craker@health.nsw.gov.au  
Tel (08) 8080 1508



## **Family and Carer Supports are available across all of the Far West Local Health District**

Far West Local Health District provides a range of supports and services to families and carers including:

- Providing information, resources and advice;
- Linkages with and referrals to other support services, including respite;
- Young carer programs and referrals;
- Regular monthly carer wellbeing program with a focus on social and emotional wellbeing;
- Opportunities to socialise, take time out and meet other carers, including a monthly morning tea and monthly luncheon (no costs involved);
- Support and advocacy to help navigate all services provided by the Far West Local Health District;
- Information about services and programs that can meet your individual needs including e-technology and websites;
- Helping you to be recognised, supported and included in the treatment and planning for your loved one;
- Using your feedback to help us provide better services and supports to families and carers;
- Opportunities to participate in planning and developing our Services;
- Providing information/education to service providers and community groups.

### **For mental illness:**

Chelsea Edwards

Consumer & Carer Engagement Manager

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### **For frail, aged, disability & chronic illness:**

Alyce Degoumois

Carer Support Program Manager

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