

Phase 1 Something is wrong Summary and useful information and contacts

Something is wrong

You become aware that something is not quite right with the person needing care, or you may be aware of the illness or condition, but not yet understand it or how to respond.

Carer needs

Many carers need:

- acknowledgement about their concerns
- help in navigating the health and medical system
- strategies for encouraging the person requiring care to seek medical help

Young Carer Program www.youngcarersnsw.asn.au

1800 242 636

Older Parent Carer Program

1800 242 636

Useful information

Health and Medical System

It is important to seek your doctor's assistance to check up on symptoms or health concerns.

Contact:

Doctor or Community Health Centre

Aboriginal Medical Service 02 9319 5823 (all locations)

Telephone Interpreter Service 13 14 50

Going to Hospital (information about NSW Government hospitals)

www.health.nsw.gov.au/hospitals/going_to_hospital/index.asp

Medical tests, treatments, medications, medical procedures (Conditions and Treatments) www.betterhealth.vic.gov.au

Financial

Medicare provides access to free treatment as a public (Medicare) patient in a public hospital, and free or subsidised treatment by medical practitioners including doctors, specialists, participating optometrists or dentists (for specified services only).

Medicare also provides access to free mental health treatment, including initial consultation with a doctor and referral to treatment practitioners, including clinical psychiatrists, psychologists, social workers, or occupational therapists.

Medicare Australia www.medicareaustralia.gov.au

13 20 11

Carer Life Course



Government income support for carers

Centrelink provides income support through Carer Payment, Carer Allowance, Disability Support Pension and other payments to eligible carers and people with a disability. Information about these payments and how to apply for them is on Centrelink's website under Individuals.

Centrelink www.centrelink.gov.au
13 27 17

Carer tips

In Phase 1 carers are focused on the health and wellbeing of the person needing care. Many carers benefit from general information and practical tips to support the carer role.

Talk with someone about your situation or contact Carer Line 1800 242 636 (Mon-Fri 9am to 5pm).

Get free carer support kits and fact sheets from Carers NSW www.carersnsw.asn.au 1800 242 636.

Share with other carers online

Web forums and online support groups

- MyTime (parents of child with a disability) www.mytime.net.au
- Your Shout (adolescent sibling carers) www.liquidsalt.com.au/yourshout
- Cancer Connections www.cancerconnections.com.au
- Raising Children Network www.raisingchildren.net.au
- Livewire (families) www.livewire.org.au
- Head Space (young people and mental illness) www.headspace.org.au

Children and Young People

- Young Carers www.youngcarersnsw.asn.au
- Head Space (young people and mental illness) www.headspace.org.au
- Kids Helpline www.kidshelp.com.au

Sibling

- Siblings Australia www.siblingsaustralia.org.au
- Young Carers www.youngcarersnsw.asn.au

Spouse or partner

- Relationships Australia (relationship support) www.nsw.relationships.org.au
- Interrelate (relationship and family support) www.interrelate.org.au

Parent

- Association for Children with a Disability (useful downloads) www.acdnsw.org.au
- Head Space (young people and mental illness) www.headspace.org.au/

Carer Life Course / Resources www.carerlifecourse.org.au/resources/index.html