

Phase 5 Purposeful coping Summary and useful information and support

Purposeful coping

While you still face the same issues as Phases 3 and 4, you have more knowledge and skills. Your carer role is now proactive and purposeful.

Carer needs

Many carers need:

- to stay involved in all aspects of treatment and care planning
- reassurance that the person requiring care is well cared for and you're your relationship with the medical and health care system and/or residential program is going well
- to ensure that the future care needs of the person requiring care is in place
- to know that respite is available and reliable.

At this phase carers need information to support their own health and wellbeing. Grief and loss may continue.

Young Carer Program www.youngcarersnsw.asn.au

1800 242 636

Older Parent Carer Program

1800 242 636

Health and medical system

It is important to have a positive and cooperative relationship with the medical and health care and community care system.

Contact:

Doctor or Community Health Centre

Aboriginal Medical Service 02 9319 5823 (all locations)

Telephone Interpreter Service 13 14 50

Emergency Care Plan (Carer support kit) from Carers NSW www.carers.nsw.asn.au

1800 242 636

Going to Hospital (information about NSW Government hospitals)

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

Medicines Line (search by medicines name) www.nps.org.au/consumers

1300 633 424

Patient and carer rights (see NSW)

www.survivingthemaze.org.au/BCFC/BCFCNSW/BCFCNSW.htm

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