

Carer Gateway is an Australian Government service dedicated to family and friend carers.

Care2Serve, the service arm of Carers Tasmania, is the service provider for Tasmania.

Supports are inclusive, free and confidential. Our staff are friendly, trained and approachable – and many have been or are carers themselves.

☎ **1800 422 737**
(and press 1 at the menu)
Monday–Friday 8am–5pm
✉ intake@care2serve.com.au
💬 [Facebook.com/care2serve](https://www.facebook.com/care2serve)

carergateway.gov.au



“It creeps up on you. You’re so busy looking after everyone around you... and then suddenly you realise your own cup, your own source of energy, is empty.”



“When I finally reached out for help for myself, I wished I had done it earlier. I would encourage anyone who is caring for someone else to see what’s helpful for them, as a carer, as early as possible.”

Here are three things you can do today.

Navigate the maze

Not sure how the system connects? Contact us to find out how to access support for the people in your life.

Find supports for you

Worked out you’re wearing a carer’s hat? Find out about or get access to supports to help you.

Be prepared for an emergency

If you can’t care for the people you’re supporting due to an illness or other emergency, we can help. Register with us online.

Register with us online



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Do you wear a carer’s hat too?



One in six Tasmanians are supporting someone in their life right now.

You can be a parent, child, grandparent, sibling, grandchild, friend – and be a carer.

How do I know if I am a carer?

Think about the people around you.

Tick if you:

- Provide emotional support
- Do housework or home maintenance
- Take them to appointments
- Help them in or out of bed (or remind them to get up each day)
- Help with medication
- Manage finances
- Be there with them in case something goes wrong (i.e. they may have a fall, etc.)
- Help look after their hygiene
- Help them to safely move around at home or when they're out and about

Thinking about the same people, tick if they:

- Have disability
- Mental ill health
- Chronic illness
- Life-limiting illness
- Alcohol or other drug dependence
- Are frail or aged

If you answered YES to providing support and ticked one or more boxes above, you are likely a carer.

Carer Gateway is here for you.

"I just saw myself as mum, wife, grandma, sister and auntie. It wasn't until I was exhausted looking after my husband with Dementia and needed help that I realised I was a carer, too. With Carer Gateway support, now I have more time for myself and feel more able to cope."



Practical help to navigate all the different services you can use, such as My Aged Care, NDIS and Centrelink



Guidance on supports for the person/people you care for



Advice and referrals to help you with planning for the future



Getting some additional support at home to help you keep on top of things



Support to stay working or to return to work



Talking to someone who is outside your situation, such as our free counsellors or coaches



Connect you with others in a similar situation who know what you're going through



Emergency support 24/7 if something happens that prevents you being able to provide care



Workshops and wellness events to help build your wellbeing and resilience, and to meet other carers

Free, confidential services.

We all wear many hats in life – child, parent, partner, grandparent, friend or neighbour and many others.

We can often be wearing a carer's hat, too, and not even know.

When you provide practical and emotional support to someone with disability, mental ill health, a chronic or life limiting illness, who is frail or aged or has alcohol or other drug dependence, then you are likely a carer.

Caring comes with a mix of feelings. Many find caring for someone they love or care for to be rewarding and fulfilling. Many also experience stress, tiredness, exhaustion and even grief from giving up everyday activities for their caring role and feel isolated.

Needing support as a carer can creep up on you. The demands on your time and emotions will often increase over time. You are not letting the person you care for down – or yourself – by reaching out for extra support.

Accessing support early in your caring journey can make all the difference.

Carer Gateway offers free, friendly and confidential supports across Tasmania. Contact us today.