



"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."

"Of course I put everyone in my life first. I just want them to be okay - for the pain they feel to be gone."

"Sometimes, I know I need to put my own oxygen mask on first, but I don't."

"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."

Phone us **1800 422 737** (& press 1)

Email us intake@care2serve.com.au

Message us [Facebook.com/care2serve](https://www.facebook.com/care2serve)

Visit us www.care2serve.com.au



How do I know I'm a carer?

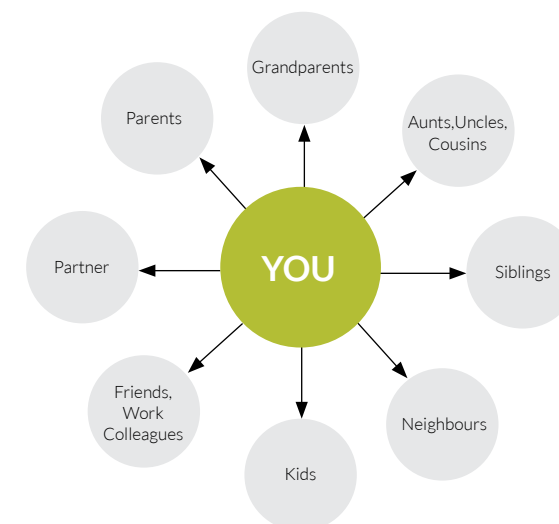
Think about the people around you.

Circle those who have a disability, mental ill health, chronic or terminal illness, drug and/or alcohol dependence or who need help due to ageing.

Which of those are you caring for?

Caring could include:

- Providing emotional support
- Doing housework and home maintenance
- Taking them to appointments
- Managing finances
- Being there with them in case something goes wrong (i.e. they may have a fall, etc.)
- Helping with medication
- Helping them to look after themselves (showering, cutting their nails, taking them to the bathroom)
- Helping them to safely move around at home or when they're out and about.



Do you wear a carer's hat too?



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

Are you one of them?

Lots of people are wearing a 'carer's' hat Could you be too?

"My kids have a disability that impacts their lives but I didnt realise I was also a carer."

We all wear many hats in life - child, parent, grandparent, partner and there are many, many more. It's often just what we do.

But what many of us don't realise is that when we're supporting someone who has a disability, a mental health condition, who is ageing, has a drug and alcohol problem or a chronic health condition, we are wearing another hat - being a carer.

Having a carer's hat can mean different things for different people. It can be rewarding and fulfilling but it can also be stressful, tiring, frustrating and exhausting.

Care2Serve, as part of the Carer Gateway, is here to help with your caring role, from information and advice, to practical assistance for you.



"She's not 'the participant' or the 'care recipient'. She's not a number on an NDIS or aged care form. She's my wife....and this is our life, together."

I see her smile and it's why I keep going. It's just what I do."



How we can help

Whether you have just started wearing a carer's hat or have had yours for a long time, Care2Serve, as part of the Carer Gateway, can help in a number of ways.



Connect you with other people who wear a carer's hat. Speaking with other people who have been there is often really helpful.



Find supports for the person/people you're caring for.



Provide practical advice on navigating the NDIS, My Aged Care and other relevant services.



Getting some additional support at home for you to help you get on top of things.



Help for you to take a break and focus on you.



Equipment and support which you may need.

Here's three things you can do

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



OR

By calling us on
1800 422 737
(& press 1)

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.

"I wish I knew about Carer Gateway and Care2Serve earlier. It would have made a big difference. They have helped me get back to a point where I'm in control."