

# Are you a carer?

## Do you take care of or support someone close to you?

Yet, many people don't see themselves as carers.

They are simply children, parents, partners, relatives, or friends supporting someone close to them.

### What makes someone a carer?

A carer can look after someone who lives with disability, a medical condition, has a mental health condition or is frail due to age.

Every caring situation is different.

A carer can care for anyone.

A carer can be young or old.

A carer might help someone with shopping, housework, cooking or transport.

A carer might look after someone 24 hours a day and help with daily activities. Or they might look after someone who only needs help some of the time.

If this sounds like you, you might be an unpaid carer. You can get support through Carer Gateway.

### Key facts

- **Two thirds** of carers spend up to 3 hours a day providing care and support.
- **There are almost 2.65 million** unpaid carers in Australia. That's 1 in 9 people!
- **Just over half** of all carers are primary carers. That means they're the only person looking after the person they care for.
- **Over a third** of all carers live with disability themselves.
- **About half** of primary carers in Australia have a chronic illness or condition.

## Carer Gateway is here to support you

It is important to have support when you're caring for someone.

Carer Gateway was designed by carers for carers. We provide a range of free services and support to give carers the help they need.

Call Carer Gateway on **1800 422 737** or go to **CarerGateway.gov.au** to find out what we can do for you.

If you are more comfortable having a conversation in a language other than English, you can use the Translating and Interpreting Service (TIS). TIS is available 24 hours a day, 7 days a week, and is accessible from anywhere in Australia for the cost of a local call on 131 450.