



**National
Carer
Strategy**

The National Carer Strategy

Support for unpaid carers

Easy Read version



How to use this fact sheet



We are the Australian Government
Department of Social Services (DSS).

We wrote this fact sheet.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page 10.



You can ask someone you trust for support to:

- read this fact sheet
- find more information.



This is an Easy Read fact sheet.

It only includes the most important ideas.

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What is an unpaid carer?



An **unpaid carer** is someone who supports another person without being paid.

Unpaid carers usually support a family member or friend:



- with disability



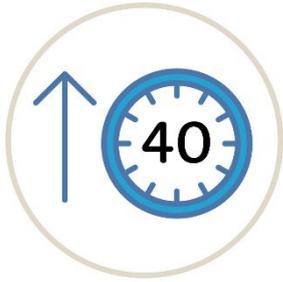
- with medical conditions



- with mental illness



- as they get older.



Around **33%** of unpaid carers support someone for more than 40 hours a week.



Almost **40%** of unpaid carers have a disability.

What is the National Carer Strategy?



The National Carer Strategy aims to support unpaid carers while they care for others.

In this fact sheet, we call it the strategy.



The strategy will teach people what an unpaid carer is.



This will help someone understand if they are an unpaid carer.

The strategy will also help unpaid carers:



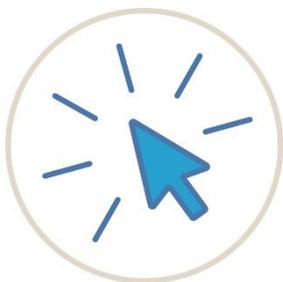
- get support and services when they need it



- find more work, education and training



- take time out for themselves.



You can learn more about the strategy on our website.

www.health.gov.au

What support can unpaid carers get?

Unpaid carers can get free support, including:



- support groups with other unpaid carers



- **counselling.**

Counselling is when you talk with a professional about how you think and feel.



This also includes support packages to suit each person's needs.

For example, cleaning services at home.

Unpaid carers can also get free:



- online skills courses

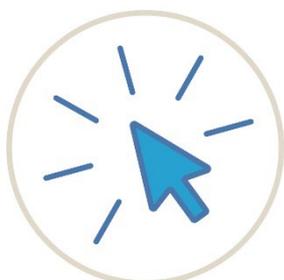


- tips and support to help them reach their goals



- **respite** support.

Respite services look after people with disability so carers can have a break.



You can learn more on the Carer Gateway website.

www.carergateway.gov.au

Word list

This list explains what the **bold** words in this fact sheet mean.



Counselling

Counselling is when you talk with a professional about how you think and feel.



Respite

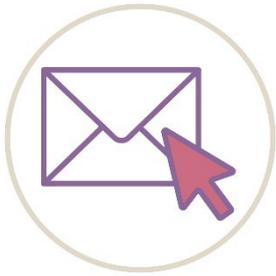
Respite services look after people with disability so carers can have a break.



Unpaid carer

An unpaid carer is someone who supports another person without being paid.

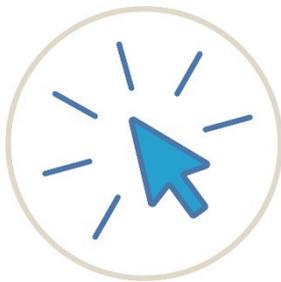
Contact us



You can send us an email.

NationalCarerStrategy@health.gov.

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You can visit our website.

www.health.gov.au



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