



Updated April 2012

## Carers ACT

### What is it?

Carers ACT is a one-stop shop for information and support for Carers. Carers ACT can assist with information, referrals, support and resources in a range of areas, including:

- Carer support and services
- Financial supports and benefits you may be entitled to
- Legal issues for Carers
- Health and wellbeing
- Respite
- Grief and loss issues
- Education and training
- Specific Carer Programs
- Social events and groups

They also provide free Carer information kits and further advice and support throughout your caring role.

**Carer Advisory Service:** 1800 242 636

Carers ACT also operate the [Commonwealth Respite and Carelink Centre](#) which is an information and referral service for older people and people with disabilities and their Carers to assist them to live independently in their own homes, or to assist them with the move to a residential facility.

The Commonwealth Respite and Carelink Centre has information about:

- Household help
- Transport
- Home modification
- Special services for dementia
- Personal nursing
- Continence assistance
- Meal services
- Aged care homes
- Day care centres
- Allied health care, including podiatry
- Assessment processes
- Support Groups

Commonwealth Respite and Carelink Centre staff can advise about waiting times, costs and eligibility requirements for these services.

There are interpreters available for those who have English as their second language and resources available for those with hearing or sight impairments.

The Commonwealth Respite Carelink Centre has developed a series of fact sheets that provide information on the 25 most asked about topics to help older people and those with a disability live independently in Canberra. The Fact Sheets are available free of charge. To get a copy call the Carelink service and they will post them out to you.

Centres can be visited in person between 9am to 5pm Monday to Friday or by a free phone call to 1800 052 222\*. If you call outside of these hours, please leave a message and they will get back to you the next working day.

## **Who runs it?**

Carers ACT is a not for profit community organisation funded by the Australian and ACT Governments as well as through private donations.

## **Contact**

### **Carers ACT**

2/80 Beaurepaire Crescent

HOLT ACT 2615

Ph: (02) 6296 9900

Fax: (02) 6296 9999

Web: [Carers ACT](http://CarersACT)

### **Carer Advisory Service**

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### **Commonwealth Respite Carelink Centre**

Ph: 1800 052 222