

Support for carers

Dust Diseases Care recognises that caring for a loved one with a dust disease can be very demanding and stressful. Finding support from others who have had a similar experience can be invaluable.

Listed below are some community organisations that can offer you and your family support during this difficult time.

Carers NSW – wecare



wecare is a service developed by icare in partnership with Carers NSW. Carers NSW is a state-wide peak organisation that supports and advocates for family members or friends who care for people with a disability, chronic condition, terminal illness or are frail.

wecare includes the Mentoring Carers Program and the Children and Young People Program. These programs are available to carers and family members of Dust Diseases Care clients.

Call: For information, support and counselling, ask to speak with the wecare team **1800 242 636** 9am-5pm (free call)

For carers wanting emergency respite **1800 052 222**

Lifeline after-hours service: **13 11 14**

Email: wecare@carersnsw.org.au

Website: <https://www.carersnsw.org.au/>

Services Australia – Centrelink



Centrelink offers financial assistance to carers who give constant care to someone who has a severe illness. Contact Centrelink to discuss support that might be available to you. You can register online if you have been a Centrelink customer before, or you can visit a Centrelink service centre if you need help to register and apply for assistance.

To find your local service centre, you can use the website: Website: <https://findus.servicesaustralia.gov.au/>

The Department of Human Services also has a “carer gateway” which is a national online and phone service that provides practical information and resources to support carers

Call: **1800 422 737** | 8am-6pm / Monday-Friday (you can request a call back)

Website: <https://www.carergateway.gov.au/>

Young Carers Program (Carers NSW)

Young carers are children and young people, 25 years or under, who help to support a family member or friend who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

The Carers NSW Young Carer Program was developed to make a positive difference to the lives of young carers and their families. This is a free service that can support you. The Young Carer Program supports and connects young carers through:

- Emotional support Information & Referrals
- Counselling
- An Interactive Young Carer Website
- Young Carer Leadership Program
- Young Carer Opportunities and Events
- Young Carer Awareness Workshops
- Newsletters

Call: **1800 242 636** | 9am-5pm / Monday-Friday (free call except from mobile)

After hours call Kids Helpline: **1800 55 1800**

For carers wanting emergency respite: **1800 052 222**

Email: yc@carersnsw.org.au

Website: <http://www.youngcarersnsw.org.au/>



The Who Cares App

A new mobile app has been developed for young carers. It is now available to download for free from the App store or Google Play.

The Who Cares? app is designed to help young people who have a caring role in their family or for friends, from age 12 through to young adults.

It holds lots of real young carer stories and voices that young people will be able to identify with

Would you like more information?

If you have any questions at all, please call:

Dust Diseases Care

General Phone Enquiries: (02) 8223 6600 or 1800 550 027

Email: DDCenquiries@icare.nsw.gov.au

Our office hours are Monday to Friday, 9.00am to 5.00pm