

Carer Gateway gives you access to a range of free services and supports to help you when you are caring for someone else.

Services are available at carergateway.gov.au or by calling **1800 422 737**

Accessing Carer Gateway

Wellways Australia will be your first point of contact for all Australian Government funded Carer services across Queensland and the New South Wales regions of South West Sydney and Nepean Blue Mountains. We have been supporting carers for 40 years and look forward to supporting you on your carer journey.

For more information on how to access Carer Gateway services in your local area, call **1800 422 737** or visit carergateway.gov.au



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia. We are committed to inclusive communities.

wellways

Carer Gateway
An Australian Government Initiative

Carers, we're here for you



Carer Gateway



Carer Gateway services

The services on offer can help you in your caring role, increase your skills and reduce the day-to-day strain of caring.

Carer directed support

Practical assistance to ensure you have access to the resources you need when caring for someone, such as equipment, items to assist in your caring role, ongoing respite or transport.

Carer support planning

There are lots of great support services out there and it can feel overwhelming figuring out the best fit for your needs.

We can help by identifying the kinds of services which might be most useful and work with you to develop a simple plan for ongoing support.

Counselling

If you're feeling stressed or overwhelmed, you can talk it through in a series of one-on-one sessions with a professional counsellor.

In-person peer support

Get together with other carers to catch up, make connections and share stories, knowledge and experience.

Coaching

Spend time with a coach who can work with you on your needs. You can reflect on how life is for you now, how you would like things to be in the future, and how you might take steps towards your goals.

Emergency respite care

If something urgent or unforeseen happens that prevents you from being able to be there for the person you support, we can make sure the person you care for will be looked after.

