

## CARER SUPPORT PROGRAM

# Caring for the carers

You may be a carer if you are looking after someone with disability, mental illness, dementia, a long-term health condition, an illness that will cause their death, an alcohol or drug problem, or someone who is frail because they are older.

A caring role has a deep effect on families. Anyone can be a carer, but many people don't see themselves as carers. They are just children, parents, partners, relatives or friends who care for someone close to them.

### What is Carer Support?

Carer Support enables carers to take a break from their carer responsibilities, and activities are developed to meet their own needs. This might include but is not limited to, relaxation, activities, strengthen or building relationships, have a focus on health and fitness, building new skills or study. Planning for regular breaks can help to avoid the build-up of stress and improve wellbeing.

### How to get involved

- Give us a call on **1300 376 421** and ask to speak to a Carer Support team member, or
- Email us at [carersupport@ermha.org](mailto:carersupport@ermha.org) or
- Complete a referral form (download from [ermha.org/carers-support](http://ermha.org/carers-support)) and return it via [carersupport@ermha.org](mailto:carersupport@ermha.org)

### What to expect

We offer individual support and group activities both either online via Zoom or in person in the community. Carer Support is about taking a break from your carer role and connecting with others. Groups may be about education or support for carers, learning a new skill, having fun or just meeting for a cuppa with others who know what it's like.

### Where does it take place?

We have Carer Support teams operating from Dandenong South and Geelong. Our groups are held in the community at a variety of locations, and are either free or low cost.

