

Pathway 1: Being a carer

Many people provide regular and ongoing care and help to a family member, friend or a neighbour. This may involve a few hours a week or all day every day, depending on the level of support needed. People often provide care when someone is older, seriously or has a disability.

CarerHelp is designed specifically for carers who are caring for someone with a life-limiting illness. It provides support as the carer realises that caring will also include caring for someone who will die and information and resources to help them in their caring. You may not need these resources or you may not need them yet.

We have also highlighted some general resources that are helpful for all carers. Pathway 1: Being a Carer outlines these resources.

Suggested Resources

Carer Gateway <https://www.carergateway.gov.au/> is for anyone who is a carer. Carers can be any age. Carers can provide any sort of care – some carers look after another person 24 hours a day and help with daily living, while other carers look after people who are fairly independent but who sometimes need help.

Take care of yourself. Most carers tend to focus only on the needs of their loved one. However, taking care of yourself is vital. It helps you to continue to care and to maintain your own life and relationships. Carer Gateway has information on looking after yourself. <https://www.carergateway.gov.au/help-advice/looking-after-yourself>

Get everyone involved in providing care.

Gather my crew <https://gathermycrew.org.au/> is an online help roster. Friends and family want to help and this can be a practical way for you to organise their efforts.

The **CarerHelp Carer Library** <https://www.carerhelp.com.au/tabid/5677/Default.aspx> has many other factsheets, web pages and resources you can read or watch.

Using this sheet

You can download this pathway summary and keep it on your computer as a handy resource sheet. Remember there are other pathways that you may need one day. CarerHelp is here if you ever need support and information when caring for someone with a life-limiting illness.

CarerHelp is here when you need it.
www.carerhelp.com.au

