



www.carerhelp.com.au



Asking for and receiving support from your community

It is so important that you have support as a carer. You do not need to do it alone.

Often people think of dropping off a meal as a way to show their support. There are lots of ways for people in the community to support you and often people are wanting to know how they can help you. People in your community may be very willing to help with shopping, providing meals, driving to appointments, cleaning or gardening, or sitting with the person you are caring for while you go out or take a break. Often people want to help but are just waiting to be asked and given direction.

Carers also often report feeling isolated and lonely, so having someone to talk to, to provide some support over a cuppa can be invaluable.

"I remember feeling quite alone at times. People tended to stay away, but I would have liked people to come and just hang out with me."

In addition to family and friends, other options to explore include:

- Ask your local church group whether they have volunteers that can come assist you.
- Ask community organisations such as Country Women's Association, Rotary, Lions Club and cultural centres if they run any programs or have volunteers that may be helpful to you.
- If you own a larger property, you may find there are other people in your community who have particular skills who will help out on the property while you are unable to do so.
- You or a family member who can use 'social media' may already know of a local Facebook or similar group that can tap into connections and those who can provide assistance.
- Often, the nearest post office, library, local council, pharmacy or local store may provide a community notice board that already keeps you connected and abreast of local services to help.

The HELP APP – Technology can help others to help you

You may like to have a look at the [HELP app](#) which can help you to coordinate practical and emotional support. It facilitates the difficult process of asking for help, and enables people in your community know what types of support you would find helpful. You could even ask someone to set it up and coordinate it for you.

You can set up group chats in the HELP APP, or in WhatsApp or Messenger to keep everyone up to date with the person's progress or request assistance.

“Did you know? Other people actually get benefit from helping you.”



Consider placing people and services on the below diagram to help you see all your supports

