

## CarerHelp: A guide for carers

### What is CarerHelp?

CarerHelp is an online resource designed to support you to:

- care for a person diagnosed with a terminal illness
- care for a person who is dying
- care for yourself
- find support to help you cope with grief and bereavement

### CarerHelp can help you to:

- Understand what to expect and how to access support services
- Communicate with healthcare and community service teams
- Plan and prepare for the person's end of life care
- Manage and plan your own self-care
- Communicate with family and friends
- Cope with grief and bereavement
- Work out the best place of care
- Understand what to do in an emergency

### How do I use CarerHelp?

#### Visit the Carer Pathways Section

To learn from tailored modules, resources, tools, and information on what to do when caring for someone approaching the end of life.



#### Complete Carer Check

To see what you need to prepare for as a carer

#### Complete *Is caring at home an option?*

To check if home is an appropriate place to care and what to prepare for

#### Visit the Carer Library

To download factsheets and check other websites that can help

#### Visit Carer Voice

To get practical tips and insights from other carers



[www.carerhelp.com.au](http://www.carerhelp.com.au)

## What can you find in CarerHelp?

As a carer, you may find yourself dealing with a variety of tasks. At [carerhelp.com.au](http://carerhelp.com.au) you can find information about:

- Common symptoms
- Using injections and syringe drivers
- Recognising dying
- What to do in an emergency
- Communicating with family and the health care team
- Finding support services
- Self-care

**CarerHelp is here when you need it.**  
[carerhelp.com.au](http://carerhelp.com.au)



## Why use CarerHelp?

CarerHelp contains quality information and was developed collaboratively by:

- Centre for Palliative Care St Vincent's Hospital Melbourne and The University of Melbourne;
- CareSearch at Flinders University;
- Carers Australia;
- and the University of Technology Sydney.

Both current and past carers have reviewed CarerHelp. The National Reference Group provided expert advice, it was comprised of healthcare professionals, consumers and organisational representative with extensive knowledge and expertise in supporting people and their carers with advanced disease.



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