www.carerhelp.com.au

CarerHelp: A guide for health professionals

Caring for someone at the end of life is an important role. It is essential that carers are supported and have access to trustworthy information. We recently launched an online resource called 'CarerHelp', which aims to empower and support carers with their role by providing information resources and links.

What is in CarerHelp?

CarerHelp is divided into sections that allows the carer to read at their own pace. Listed below are some examples:

• **Carer Pathways** – Tailored information for carers who are in different stages of their caring journey

• **Carer Check** – checklist to help carers identify what they need to prepare for

• **Is Caring at Home an Option?** - checklist to check if home is an appropriate place to care

• **Carer Library** – factsheets, tools and links to more information on symptoms, diseases, services and others

• **Carer Voice** – video of carers sharing insights and practical pointers

CarerHelp was developed and reviewed by carers and experts from the 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. The process involved:

• Systematic review of existing literature

• Scoping study

• Interviews and focus groups with carers

• User testing

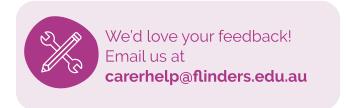**carerhelp**

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How can you share CarerHelp?

You can:

- Print material and resources from the carer library and provide to carers
- Verbally refer the carer to one of the following pathways:
  » When someone needs care
  » Caring when death is a possibility
  » Preparing for dying
  » When the person is dying
  » After caring or after death

- Help the carer to develop a self-care plan
- Encourage them to take the 'Carer Check' list to guide them to our resources
- Suggest they watch the Carer videos to gain insights from their peers
- Provide information on CarerHelp and its resources at community carer events
- Explain to carers that they can find information and resources through our carer library

We'd love your feedback! Email us at **carerhelp@flinders.edu.au**

ST VINCENT'S HOSPITAL MELBOURNE

Flinders UNIVERSITY

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Carers Australia

Carer Help is funded by the Australian Government Department of Health

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