

# About Carers Tasmania

Carers Tasmania is a non-profit, community based, incorporated association and registered charity dedicated to improving the quality of life of the 84,000 family Carers living in Tasmania (ABS: Disability, Ageing and Carers 2015). Carers Tasmania is the only organisation completely dedicated to supporting the needs and representing the views of Carers throughout Tasmania.

## Who are Carers?

“Carer” means a person who is providing, or who has provided, unpaid care and support to family members or friends who are living with a disability, mental illness, chronic condition or terminal illness, or who are frail or aged.

## What support do we offer?

- **Carer Support & Wellbeing Check.** An opportunity to discuss and identify individual needs, provide information and referrals to appropriate services. This is a good way to start a relationship with the organisation and Carers are encouraged to do this as early in their caring role as possible.
- **Carer Advisory & Referral.** Connecting Carers with local health and community support services. This free call service is available across Tasmania to ensure Carers have access to specialist advice, information and resources about services for themselves and their family, and which equip them emotionally and practically in their caring role.
- **Talking it over - Caring for Carers.** Carers give a great deal to their caring relationships and sometimes they need some extra support. Talking it over with one of our trained professionals who are all great listeners can help by offering encouragement and support, along with ideas and techniques for coping and bringing about change. We can arrange to talk in person in most areas of the state and also offer a telephone option for more remote areas.
- **Carer Education and Training.** We offer various workshops and information sessions designed to equip Carers with relevant skills, knowledge and understanding to improve confidence in the caring role.
- **Carer Social Support Groups.** We have carer groups across the state which provides an opportunity to meet and support other carers, share information and experiences in a friendly environment.
- **Young Carers Program.** This program is designed to provide age appropriate information and support to Young Carers. This time out from their caring responsibilities provides opportunities to meet and develop relationships with other Young Carers and share their experiences.
- **Better Start.** This program is a registration and information service providing access to funding of up to \$12, 000 for early intervention services and treatments for eligible children under the age of 6.

## Carers Tasmania Office Locations

### SOUTH

64 Burnett Street  
North Hobart TAS 7000

### NORTH

Shop 8, 216 Charles Street  
Launceston TAS 7250

### NORTH WEST

Suite 3, 15 Wilmot Street  
Burnie TAS 7320

## Contacting Carers Tasmania

Freecall  
**1800 242 636**

[www.carerstasmania.org](http://www.carerstasmania.org)