



# Do you need support to be a carer?

Carers Victoria can help.  
We will listen to your challenges  
as a carer and we can connect  
you to the help you might need.

Carers Victoria provides:

- › Information about how to find services for the person you care for
- › Information about how to get support for yourself
- › Counselling for carers

## FOR SUPPORT

Phone Carers Victoria  
on 1800 514 845.

You can request an interpreter.



## Who is a carer?

A carer is someone who gives unpaid help to a person who needs help because of chronic illness, disability, a mental health concern, or being an older person with care needs.

A carer may be a family member, friend or community member. There are more than 700,000 carers in Victoria.

Many people don't see themselves as a carer. They think the care they provide is a normal part of their relationship with the person they care for.

Some people are content to be carers. They might choose to spend most of their time with the person they are caring for.

Other people feel they are expected to provide care. They don't feel they have a choice about being a carer, and may have many other responsibilities or personal needs.

Being a carer can be difficult. Carers Victoria is here to help you.