

## Assisting and empowering you in your caring role

Carers Victoria's education sessions support carers and service providers to:

- > Develop skills to support their caring role
- > Identify services and supports for carers
- > Gain knowledge to navigate complex support service systems
- > Enhance health and wellbeing
- > Build connections between carers

Carers Victoria run events, activities and other programs for carers which are regularly updated on our website [www.carersvictoria.org.au](http://www.carersvictoria.org.au)

Some carers find it helpful to connect with other carers in their local area. Find a Carer Support Group near you [www.carersvictoria.org.au](http://www.carersvictoria.org.au) CarerSupportGroupDirectory

To find out more about how we can assist you or someone you know in a caring role, phone **1800 514 845** or email [reception@carersvictoria.org.au](mailto:reception@carersvictoria.org.au)



PO Box 13305

Law Courts VIC 8010

**Phone** 1800 514 845

**Email** [reception@carersvictoria.org.au](mailto:reception@carersvictoria.org.au)

**Social Media** @CarersVictoria

[www.carersvictoria.org.au](http://www.carersvictoria.org.au)

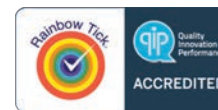
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Carers Victoria acknowledges the Traditional Owners of the land on which we work, the Wurundjeri peoples of the Kulin Nation, and pay our respect to Elders past and present. We acknowledge the continuing connection to land and waters. Sovereignty was never ceded.

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# Carers Victoria Assisting and Empowering Unpaid Carers





## About Carers Victoria

Carers Victoria is the peak body representing unpaid carers in Victoria. Our mission is to ensure all unpaid carers are recognised, valued and supported.

As the only statewide organisation that focuses on the needs of unpaid carers, we take pride in assisting carers across Victoria and championing the voice of all unpaid carers - regardless of the nature of their caring role.

We are an expert source of information about unpaid carers. We produce data, reports, and other materials to build understanding of the critical role that unpaid carers play across Victoria and advocate for changes to systems, services and supports.

## What we do

Carers Victoria works with government, other statewide organisations, service providers, and private organisations to improve supports for carers and ensure their voices are heard.

An expert source of information and assistance for all Victorian carers, Carers Victoria operates a free Carer Advisory Service (1800 514 845) and maintains up-to-date information and advice for carers via regular newsletters and our website.

Connecting carers with each other is a critical part of what we do, through a statewide program of events, education workshops and other programs. For carers living in Melbourne's West, we provide access to a range of local, government-funded support services. Additionally, we deliver education workshops to carer support group leaders and service providers across the state.

## Become a member today! It's quick and easy to connect to Carers Victoria

Join our community so that you can get the information and assistance you need and connect to others in caring roles.

Anyone who is in a caring role can join Carers Victoria for free, and by connecting to us you'll get regular information and opportunities to access free events, workshops and other activities and assistance specifically tailored to carers. You will also have access to discounts on a range of goods and services.

As a part of our community, you will have the chance to have your say about your experience as a carer and what carers need.

To learn more, go to  
[www.carersvictoria.org.au](http://www.carersvictoria.org.au)