



# Care for a CARER

**This National Carers Week, show carers you care**

Check-in regularly ~ Offer a break ~ Acknowledge and appreciate ~ Initiate support



NATIONAL **CARERS WEEK**  
11-17 OCTOBER 2026

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

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