



CEO Message

We are already well into 2021, and although we had hoped the impacts of COVID-19 would begin to ease, it is apparent that it will continue to be an ongoing issue across the world. Therefore, I hope in this environment that you do reach out for assistance as Carers WA is here to support you, especially when there are a range of additional added pressures to your caring role.

Despite the challenges the world is facing at the

moment, we are setting into action some exciting plans to celebrate a special anniversary for Carers WA this year. In June 2021, we will have been established as a recognised, incorporated association for 25 years, and we believe it is important to acknowledge this milestone. It presents the opportunity to reflect on how far carers have come and what we want to achieve in the future on behalf of WA carers.

To carry on with the topic of anniversaries, we are also approaching the end of the first year of the Carer Gateway initiative, having already supported several thousand carers across WA and we hope to continue this performance going forward.

Look after yourselves, and please stay safe.

Best wishes,
Paul Coates,
Carers WA CEO

25 Years of Caring

This year, we celebrate 25 years since the amalgamation of The Carers Council and Carer Network to form the Carers Association of Western Australia Incorporated.

In the last 25 years, we have reached a record number of family carers, through a range of programs, supports and services.

As we look back over this time, we can see that so much has been achieved for carers; however, we know

there is still so much more we can do in the community.

Over the last 25 years, with the help of the caring community, we have seen the state Carers Recognition Act which was the first of its kind in Australia established, we have raised awareness through a range of advocacy programs and worked with a variety of service providers to deliver the necessary supports and services for our carer members.



In the future, we hope to further increase the recognition of carers in WA and for them to be able to access the resources and services to carry out their caring roles.

A Year of Carer Gateway

April marks a year since the launch of Carers WA becoming the lead service provider of Carer Gateway services in Western Australia. We can see how Carer Gateway has positively impacted the WA caring community, and we thought we would share some of the latest statistics.

Carer Gateway, the Australian Government initiative, has enabled the WA community a way to access a mix of free online, telephone and in-person supports, services and advice for WA family carers.

Since the initiative has launched, we have received over 25,000 direct Carer Gateway calls, provided 2,752 counselling sessions and completed over 2,500 Carer Support Plans.

For more information on Carer Gateway and the supports and services available, please call 1800 422 737.



Take a break and meet other carers – Linking Together

Taking a regular break and having a supportive social network helps carers to keep providing the best care they can.

Carers WA provides monthly social support groups, known as Linking Together groups, throughout the metropolitan area and some regional areas. They are run by volunteers with lived experience as a carer.

Meeting others in similar situations assists carers to feel less isolated, improve their emotional and physical health and empowers them to be proactive in their caring role.

This is what some of our Linking Together attendees have said:

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'My blood pressure has gone down and it's good for my general wellness not to feel like I am struggling alone. Attending these carer groups make me more refreshed and cheerful around the person I care for.'

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'When you know other people are having similar experiences you feel less alone and know others genuinely understand what you are experiencing. I find it a great source of information and support.'

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To find out information about your closest Linking Together group, please contact the Social Support team on 1300 CARERS (1300 227 377) or email socialsupport@carerswa.asn.au.

The National Community Connectors Program

Carers WA are currently delivering a community-based program providing information and support to senior parents and carers of people with disability. These supports enable them to positively engage with the National Disability Insurance Scheme (NDIS).

The aim of the program is to improve knowledge and experience around the NDIS and to ease the level of pressure and concern for carers in accessing and maximising benefits from NDIS supports.

The target group for the NDIS Community Connectors Program is ageing parents and carers of people with disability, whereby:

- Ageing means over 65 years; Aboriginal and Torres Strait Islander people over 50 years; and prematurely aged people over 50 years.

Carers WA is interested in hearing from eligible carers. Contact the Community Capacity Development team by calling 1300 227 377 or email the team at ccdteam@carerswa.asn.au

Looking to make a new friend?

Carers WA and Carers UK are looking for more people to join the exciting Pen Pal and Pen Partner programs that have been revived and re-designed to promote and encourage carer connections, peer support, friendships and literacy.

The program covers ages 8 yrs - 80+ yrs.

If you would like to find out more information or to sign up to the program, please visit www.carerswa.asn.au

Be Job Ready Program

What is the Be Job Ready Course?

The 'Be Job Ready' course is one of the services available to family carers through Carers WA's Carers in Employment Program and is designed to engage carers in the return to employment process. The course, which runs at various times throughout the year, provides realistic information and practical skills.

We sat down with a Be Job Ready participant to talk through her experience.

Jan Radmore started her journey at Carers WA initially as a volunteer, working up to a part-time role and then a full-time role as a Program Support Administrator. Her journey as a family carer returning to work is an inspiring one that started with the 'Be Job Ready' course.

"When I started the course, I realised I was not alone when it came to gaps in my resume and a lack of confidence, and with the encouragement of Carers WA I was able to overcome this.

Being a carer meant that I acquired many transferrable skills without even knowing I had, such as multi-tasking, making appointments, dealing with the NDIS and money management. With the help of the 'Be Job Ready' course it taught me a way to package my skills to attract the attention of potential employers."

For more information about the Carers in Employment Program and the 'Be Job Ready' course for family carers looking for work, please contact Carers WA by calling 1300 227 377 or by emailing bjr@carerswa.asn.au

Call for carer stories

We want to hear your story...

Carers WA is currently seeking carers who would like to tell their story, including how they became a carer and what support

they have found beneficial through Carers WA and other local service providers.

Interested carers can contact marketing@carerswa.asn.au for more information.

Prepare to Care

Has your family member or friend been admitted to hospital?



Carers WA's 'Prepare to Care' Hospital Program have produced a booklet to assist and guide carers to navigate the hospital system. The booklet includes:

- Places to write down information.
- Common hospital terms explained.
- Things to consider before leaving hospital.
- Useful contacts and numbers.

The resource is available at most Perth metropolitan and some regional hospitals in Western Australia. Please ask a staff member at the hospital (eg. Nurse or Social Worker) for a copy of the booklet or access it online at the Carers WA website: www.carerswa.asn.au/carers-wa-services/prepare-to-care/

 1300 227 377

  'Carers WA'

 info@carerswa.asn.au

 www.carerswa.asn.au