

National Relay Service for deaf,  
hearing and speech impaired:  
Phone: 1800 052 222

Speech to Speech Relay:  
Phone: 1800 555 660

Translating and interpreting:  
Phone: 131 450

For further information contact  
Holdsworth Community Centre  
& Services

Phone: 02 9302 3600

email: [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

Holdsworth welcomes enquiries about  
supporting our work through donations or  
volunteering.

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# Programs for Carers



**Holdsworth Community Centre**  
**64 Holdsworth Street,**  
**Woollahra NSW 2025**  
**Ph: 02 9302 3600**  
**[www.holdsworth.org.au](http://www.holdsworth.org.au)**



## **Information, support, advocacy and counselling for people who care for or live with a person who is frail, aged or has a disability.**

Your own needs often get put aside when as the partner, parent, child, sibling, relative or friend, you take on the enormous responsibility of caring for someone you love.

There are services within the community that are designed to support the invaluable work you do as a carer.

### **Many carers do not know of the services that are available to them**

Carers are twice as likely to suffer from poor health compared to non carers. (*Carers UK*, December 2004)

Why is it important to look after your needs as a carer?

- The person you care for needs you to stay well.
- Carers who are supported have better health than carers who have limited or no support.

**The Carer Information Service** is a free service aimed at assisting you in the essential work you do as a carer.

We can:

- identify and connect you to the support services designed to assist you in your caring;
- link you with other carers who are dealing with the same issues through carer groups;
- identify financial subsidies for which you are eligible;
- refer you to respite Home and Community Care Services;
- inform you of the program activities in local day centres;
- provide training and information sessions;
- advocate on your behalf.

By looking after yourself, the person you care for will also benefit.

## **Support Groups**

Support groups are an opportunity to meet people providing care in a similar situation to yourself. It is a chance to relax, laugh, create a support network, learn more about yourself and the person you care for while tapping into services, resources and information specific to your needs.

With a mix of informal support, guest speakers and activities, it may also be a link to an email network, discounted entertainment or outings. We aim to link you to carer groups that match your needs as a carer.

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Holdsworth welcomes diversity and does not discriminate against anyone on any grounds.

For many of our services we ask for a contribution towards our costs; however, services will never be refused because of an inability to pay.

