

Carer Information



IDENTIFY AND RECOGNISE

- > **Identify yourself** to health care staff and let them know you are a Carer.



ENGAGE AS PARTNERS

- > **Engage and partner** with us in the care of the person(s) you provide care for.
- > **Get involved** in service planning, designing care, measuring and evaluating health services.



YOUR FEEDBACK IS IMPORTANT

- > **Share your experience** as a Carer.
- > **Your feedback**, views and suggestions as a Carer are important to us.
- > **Talk to a staff member.**



YOUR WELLBEING

- > **Look after yourself** – your health and wellbeing is important to you and the person(s) you provide care for.
- > **Get enough sleep** – sleep plays a major role in good health and wellbeing.
- > **Talk to someone you trust.**
- > **Contact Carers SA** on **1800 422 737** to seek support and services to assist you in your caring role. You can also use the online chat 9am-5pm weekdays at www.carerssa.com.au or email info@carersa.com.au

We support Carers within the public healthcare system to feel empowered and recognise their individual needs by:

- > embracing Carers as partners in health care
- > recognising the different roles of Carers
- > treating Carers with respect, dignity, and compassion
- > supporting Carers both in their caring role and in maintaining their own health and wellbeing
- > providing Carers with the right information at the right time, about the care provided for the person they are caring for
- > providing guidance and direction to help Carers navigate the health system and to make informed decisions about the care that is required
- > ensuring services are flexible to individual circumstances and needs of Carers and the people they care for
- > acknowledging Carers' unique perspectives
- > supporting Carers as informed advocates for a better health system.

For more information

Safety and Quality

www.sahealth.sa.gov.au/carers



**Government
of South Australia**

SA Health