Abuse: Safeguarding carers at risk

1800 242 636 www.carers-sa.asn.au





Listen [

Look for signs of stress

Stress Factors

Physical health

Tiredness

Sleeping patterns

Financial hardship

Emotional health

Resentment

Guilt

Isolation

Carer relationship

Family tensions

Lack of support

Encourage

Be there for the carer

Reassure

Understand

Listen to the story

Discover the issues

Determine needs

Identify outcomes

Encourage:

Respite

Counselling

Explore options

Help

Explore support options

Practical Help

Support at home

General practitioner

Health and wellbeing

Access to services

Access to information

Organisations:

Mental health

Other conditions

Peer support

Respite/retreats

Workshops/courses

Referrals

Advocate

Be proactive in the community

Awareness

Prevention

Early intervention

Minimise risks

Carers can be abused too

Diversity

Centralise:

Information

Support services

Staff training

Resources

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