

Carer Support Information

Autism

Autism Spectrum Australia (02) 8977 8377
NSW Only 1800 069 978
Autism Advisory & Support Service
24hr Autism Hotline
(Manned by Parent Volunteers) 1300 222 777

Blindness & Low Vision Service

Vision Australia 1300 847 466

Cerebral Palsy

Cerebral Palsy Organisation
/Spastic Centre Pathways 1300 888 378

Disability

Ageing, Disability & Home Care (ADHC) (02) 4978 6222
1300 205 268

Diabetes

Diabetes Australia (NSW) 1300 136 588

Education

The Hunter Orthopaedic School (02) 4985 3385

Counselling

National Carer Counselling 1800 242 636

Paediatric Brain Injury Rehabilitation

Paediatric Brain Injury
Rehabilitation Team (02) 4925 7963

Incontinence

Continence Foundation 1800 330 066

Intellectual Disability

NSW State Council on
Intellectual Disability 1800 424 065

Mental Illness

Association of Relatives & Friends
of the mentally ill (ARAFMI) (02) 4961 6052

Child Assessment & Treatment

Child & Adolescent Mental Health Services
Newcastle: (02) 4925 7800
Lake Macquarie: (02) 4924 6200
Hunter Valley: (02) 4939 2449

Early Childhood Intervention

Early Intervention Information Service
Coordination Agency (EIISCA) (02) 4925 7847

Spina Bifida

Northcott Disability Services (02) 4940 8270

Young Carer Project

Regional Support & Information
Carersnsw 1800 242 636

Practical Help

Commonwealth Carelink Centre
Advice on accessing help with many tasks, e.g. meals,
showering, dressing, Shopping,
transport, special equipment 1800 052 222

Needing a Break

Commonwealth Respite Centre 1800 052 222

Need to Talk to Someone?

Free, confidential & anonymous
Kids Help Line 1800 551 800

Financial Help

Centrelink E.g. Carers payment, Carer Allowance
www.centrelink.gov.au 13 27 17

School Support & Information

The School Counsellor

Carer Support and Information

EDuCARE Support Service



HUNTER NEW ENGLAND
NSW HEALTH

1300 887 776
4921 4895

Email

Educare-Admin@hnehealth.nsw.gov.au

Visit our Website:

http://www.hnehealth.nsw.gov.au/educare_support_service

Are You a Parent/Carer of a Child With a Disability or Chronic Illness?



EDUCARE
Support Service

Are You a Carer/Parent?



Do you provide practical and/or emotional support to a child or adult who has:

- a chronic medical condition
- a disability
- a drug and/or alcohol related condition
- mental health related issues
- is frail aged

Would you like to meet other carers; learn new information and coping strategies?

Carers can be parents, partners, children as Young Carers, siblings, friends or neighbours who provide physical and/or emotional support to another person or child for a few hours a week or all day, every day. You don't have to live with the person for whom you are providing care.

How can EDuCARE Help?

EDuCARE Support Service is a unit of Hunter New England Health, is non-profit based and provides practical support in the form of:

- Free carer resource material
- Information on how to access relevant community services
- Information Workshops/Sessions

Topics covered are based on parents/carer feedback. Guest Speakers are also a feature. Assistance with respite care where available.

Non catered sessions are free of charge however a minimal fee is charged for one day workshops.

Siblings/Young Carers?

Many parents express concern about meeting the needs of the siblings of children with a disability or their child who has caring role within their family unit.

EDuCARE supports local Young Carers and Siblings by facilitating Young Carer Forums, one day Workshops, Young Carer Camps and day activities. Young Carer Forums allow Young Carers to have input into local initiatives.

Carer Hospital Support

Look out for:

- Carer Fact Sheets located in bedside drawers of each Ward
- Flyers promoting Sessions/Workshops
- Monthly Newsletters

What Happens on the Young Carer Camps?

The aim of camp is to have as much fun as possible and provide your child with the opportunity to meet other young carers in similar caring situations. We also offer Young Carers a safe forum to express feelings and views on their caring role. Activities include:

- Group Sessions
- Guest Speakers – Information on Services and issues relevant to young people
- Motivational Music Workshops
- Fun activities eg sandboarding, canoeing, kayaking, giant swing, swimming
- Time to just have fun with other Young Carers.

All meals, activities and accommodation are provided free of charge to Young Carers. Adult supervision throughout camp is provided by EDuCARE Support Service.

Would your child like to meet other young carers and have loads of fun at the same time?

Contact EDuCARE for more information on the Young Carer Program

Linking Carers with support networks

