

Carer Information



PARTNER WITH US

- > **Identify yourself** to health care staff and let staff know that you are a Carer
- > **Engage and partner** with us in the care of the person(s) you provide care for
- > Share **your experience** as a Carer
- > Provide us with your **feedback** – your views and suggestions, as a Carer is important to us
- > **Get involved** in service planning, designing care, measuring and evaluating health services.



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 well being
- > **Talk to someone** you trust
- > Contact **Carers SA**, the lead Carer Gateway provider in South Australia on 1800 422 737 to seek support and services to assist you in your caring role.



YOUR EXPERIENCE MATTERS

As a Carer, your experience will help us to improve health outcomes for all South Australian Carers. Go to: www.sahealth.sa.gov.au/carers



YOUR FEEDBACK IS IMPORTANT

Carer feedback and raising your concerns will provide an opportunity for us to see and assess the quality of health care through the eyes of a Carer. www.sahealth.sa.gov.au/carers

Further information about Carers SA is available on the back.

Carers SA provides information, advice and help for Carers to work through the challenges Carers face every day.

Carers can contact Carer Advisors:

- > by phone on **1800 422 737**
- > via an online chat 9am – 5pm weekdays
- > by sending an email to **info@carerssa.com.au**
- > by completing the contact form at www.carerssa.com.au/contact/

For more information

SA Health, Safety and Quality
Telephone: (08) 8226 2567
www.sahealth.sa.gov.au/carers

