



## Are you juggling work and caring for someone?

Are you an employee providing care to a family member or friend outside of work? If so, we are here to provide information, assistance and support.



### Carer Stats

- **2.65** million Australians identified as **carers** in 2018.
- Approximately **77,104** people in south western Sydney are carers (**9.2%**).
- About **49%** of **carers** living in south western Sydney are employed on a full time or part time basis.

### The Carers Program can provide support with:

- Confidential short-term, individual support.
- Provision of information and education about your rights and entitlements as a working carer.
- Links to community and government support services.
- Connecting with social support networks.

### Contact us for support or for more information:

Katrina: **0477 384 643** or Helen: **0476 801 022**

Email: **SWSLHD-CarersProgram@health.nsw.gov.au**