






Organisation	Type of support	Contact
 <p><b>DAISI Services Limited</b></p>	<p>DAISI provides support and information to older people, people with disabilities and their carers in northern NSW.</p> <p>The DAISI website has a number of factsheets and publications that can assist families and carers to support people with a disability.</p>	<p>1800 800 340                      info@daisi.asn.au                      www.daisi.asn.au</p>
 <p><b>Through the Maze</b></p>	<p>This handbook is to help you ‘through the maze’, to identify and access the services most helpful for your child and family, irrespective of the nature of the disability.</p> <p>As a parent you will need to work with a variety of service providers to coordinate support for your child. The handbook won’t answer every question but it will at least point you in the right direction.</p>	<p>1800 654 013                      03 9880 7000                      mail@acd.org.au                      acdsupport@org.au                      Download from website:                      www.acd.org.au/through-the-maze</p>
 <p><b>Helping You and Your Family</b></p>	<p>This booklet has been written by parents of children with a disability for parents of children with a disability, across all areas of NSW. This booklet is to help you and your family by:</p> <ul style="list-style-type: none"> <li>• Sharing information about experiences, ideas and suggestions of other parents</li> <li>• Providing links for further information about services and support.</li> </ul>	<p>1800 654 013                      03 9880 7000                      mail@acd.org.au                      acdsupport@org.au                      Download from website:                      www.acd.org.au/helping-family</p>
 <p><b>Planning for the Future: People with a</b></p>	<p>Department of Social Services booklet provides information developed to assist families planning for the future of their family member with a disability.</p>	<p>Department of Social Services                      1300 653 227  <a href="https://www.dss.gov.au/our-responsibilities/disability-and-carers/publicationsarticles/general/planning-for-the-future-people-with-disability-booklet">https://www.dss.gov.au/our-responsibilities/disability-and-carers/publicationsarticles/general/planning-for-the-future-people-with-disability-booklet</a></p>
 <p><b>Family &amp; Community Services Ageing, Disability &amp; Home Care Publications</b></p>	<p>Family &amp; Community Services (FACS), Ageing, Disability and Home Care provides support and services to older people, people with disabilities and their carers in NSW. The FACS website has many factsheets and publications that can assist families and carers to support people with a disability.</p>	<p>Northern NSW                      1300 364 563                      www.adhc.nsw.gov.au</p>

# carer support & assistance

## TAKING CARE OF YOURSELF





Being a carer can be a demanding, tiring and stressful job. Employed carers can experience feelings of guilt trying to give the most to both roles. It is important to look after yourself so you don't burn out; take some time out for yourself each day.

## SHARE YOUR FEELINGS




With family, friends or a counsellor. Look after your own health and wellbeing by trying such therapies as massage, relaxation or meditation. Access respite so you can have a break.





## support organisations

Organisation	Type of support	Contact	
Australian Unity Home Care	Provides support for frail people to stay at home and be more independent in the community	13 29 39 www.australianunity.com.au	
Home Assistance & Regional Transport	Provides transport to medical appointments for Lismore, Casino, Nimbin and Kyogle areas for the disadvantaged and socially isolated	Lismore & Casino 02 6628 6000 Kyogle 02 6632 3751 reception@hartservices.org.au www.hartservices.org.au	
Tweed, Byron & Ballina Community Transport Inc	Provides transport to medical appointments in Tweed, Byron and Ballina areas	1300 875 895 admin@community-transport.org.au www.community-transport.org.au	
Clarence Community Transport	Provides transport to medical appointments in Clarence Valley area	02 6645 3200 www.clarencecommunitytransport.net.au bookings clarencecommunitytransport.net.au	
Taxi Transport Subsidy Scheme	Subsidised half priced taxi fares. Completion of a comprehensive application form is needed. Visit the website for an information booklet.	1800 623 724 www.transport.nsw.gov.au/community	

## websites

Organisation	Type of support	Contact	
MyTime	A program which sets up local peer support groups across Australia for anyone caring for a child with a disability	1800 889 997 www.mytime.net.au	
Working Carers Gateway	A website created to provide articles and information for working carers	www.workingcarers.org.au	
AgedCarer	Provide information, tips, advice and news to carers	www.agedcarer.com.au	

## counselling support services

Organisation	Type of support	Contact	
Lifeline	Offers a 24hr telephone crisis support for anyone experiencing a personal crisis	13 11 14 www.lifeline.org.au	
Interrelate	Provides counselling for individuals, families and carers	1300 736 966 www.interrelate.org.au	
1800RESPECT	National Counselling helpline	1800 737 732 www.1800respect.org.au	