

Carers are classified as 'everyday people who provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or those who are frail aged' (Carers Australia, 2014).

Carers can range in age from as young as eight to people well into their nineties. More than one in eight Australians are carers. Two thirds of carers are women and most carers provide care for a parent, partner, child or friend.

Caring may include help and support of daily activities and management of medications, as well as providing emotional, social or financial support. It can also involve helping the person they are caring for to be organised, reminding them to attend appointments and dealing with emergencies.

Australia has about 2.7 million carers, 12% of the population.

If you are caring for someone with CF, you are a carer and are entitled to various supports.

Carers Australia

Carers Australia advocates and lobbies on a wide range of issues that affect carers. They also work in collaboration with carers, Carers Associations in each state and territory, government and peak bodies to develop policy, advocacy, programs and events to improve the lives of Australia's 2.7 million carers. With the support of Carers Australia, state and territory associations assist carers and aim to enhance and promote carer health and wellbeing by focusing on their emotional and social support needs.

For more information about Carers Association in your state or territory visit: <http://www.carersaustralia.com.au/about-us/contact/>

To qualify as a carer:

- You do not need to live with the person you care for
- You do not need to be the main source of care and support
- You do not have to provide care every day or over many years
- You do not have to receive the Carer Payment or Allowance from Centrelink

Contact your local CF office

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Useful Resource:

www.carersaustralia.com.au

Disclaimer: The information contained herein is provided in good faith. However accuracy of any statements is not guaranteed by Cystic Fibrosis Australia. We provide the information on the understanding that persons take responsibility for assessing relevance and accuracy. Individuals are encouraged to discuss their health needs with a health practitioner.

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