



Care for Carers

Counselling support and information services for carers

Carers are relatives or friends who are caring for people with disability, mental illness/disorder, chronic illness or who are frail.

There is no typical carer. They come in all ages, all socio-economic backgrounds and from all walks of life.

The role of a carer can be challenging, balancing the demands of one's own life with that of caring for another.

Through the Care for Carers Program, STEPS provides advice and counselling to improve the carer's quality of life.



STEPS Care for Carers

Counselling Support and Information Service for Carers

STEPS' Care for Carers is a multi-faceted support program, available in the Wide Bay Region (Bundaberg, Fraser Coast, North and South Burnett), giving carers individual counselling and support.

How the Carers Program can help you

The STEPS' Care for Carers program supports individual carers and carer groups, seeking to strengthen and rejuvenate their carer relationships.

STEPS professionally trained counsellors take an individual approach to each carer. Based on information gathered from getting to know the carer and their client, the counsellor will develop a plan that seeks to foster resilience, social inclusion and strength-based recovery (excluding the provision or coordination of respite care).

This Pathway Plan may include several key approaches:

- ▶▶ Face-to-face and telephone counselling and support
- ▶▶ Carer group meetings
- ▶▶ Providing general information and resources, assisting to identify available supports within the community
- ▶▶ Carer mentor or 'buddying' initiatives
- ▶▶ Assisting to increase social interaction

The STEPS Care for Carers Counsellor will work with the carer to understand and work through the plan.

Are you eligible?

Are you a carer of a person with a disability or frail person in the Wide Bay area? Are you without support and considering placing the person in long-term residential care? If so, contact STEPS (contact details below). No authorised referral is required.

Contact details:

STEPS (Bundaberg)

Phone: 4150 1957

Free call: 1300-0-78377

Email: bundaberg@steps.net.au

