

CARER SUPPORT SERVICES AT KARUNA

Karuna is now delivering a wide range of free supports and services that have been designed by carers, for carers. These services are proudly delivered by Karuna in partnership with Wellways Carer Gateway.

Being a carer for someone with a life-limiting illness can be both deeply meaningful and incredibly challenging. Whether the person you care for has just received a diagnosis, is receiving palliative care, nearing end of life, or has recently died—we are here to walk alongside you. Through our partnership with Wellways Carer Gateway, we offer free support services designed to help you feel more grounded, informed, and emotionally supported throughout your caring journey.

These include:

- **Navigation support:** to help you access the right services at the right time
- **Counselling:** to work through emotional fatigue, stress or grief and loss
- **Coaching:** to help you reflect, set goals, build resilience, and find a sense of balance in your caring role and life beyond it
- **Peer support groups:** where you can connect with others who understand what you're going through and share experiences in a safe, respectful space

You don't need to wait until things become overwhelming. Reaching out early can make a real difference. Whether you're a family member, friend, or neighbour providing care, you are not alone—and you are eligible for support. If you or someone you know could benefit from this support, simply scan the QR code below and complete the enquiry form. With your consent, someone you trust can also complete the form on your behalf, and our team will be in touch.

WHO IS A CARER?

A carer is anyone who's supported someone with a life-limiting illness—emotionally, physically or practically.

You don't need to be the main carer, and you don't need to call yourself one. If you've been there during illness, at end of life, or need support following the death of the person you supported—you're a carer, and support is here for you.

SCAN ME



www.karuna.org.au/carers-support

