

CARER SUPPORT SERVICES AT KARUNA

These services are proudly delivered for and in partnership with **Wellways Carer Gateway**, who are supported by a vast local and national partner network, including **Karuna**. Our strong collaboration ensures carers are empowered with the support they need to flourish and become the best version of themselves. At Karuna, we walk alongside those navigating the often complex and emotional journey of supporting someone with a life-limiting illness. Whether the person in their care has just received a diagnosis, is receiving palliative care, nearing end of life, or has recently died—carers need and deserve support too.

We offer a range of **free, tailored services for carers**, designed to reduce isolation, build resilience, and provide practical and emotional support. These include:

- **Navigation support:** helping carers understand what's available and access the right services at the right time
- **Counselling:** offering a safe, compassionate space to process grief, loss, emotional strain & change
- **Coaching:** supporting carers to reflect, plan ahead, develop confidence, and maintain balance in their lives
- **Peer support groups:** guided group sessions where carers can share experiences and connect with others in similar circumstances

We invite you to refer carers—whether they are family members, friends, or neighbours—who may be quietly carrying the burden of care. They do not need to wait until crisis strikes. In fact, the earlier we can provide support, the more grounded, informed, and emotionally sustained they are likely to feel throughout the journey. We'll be sharing more detailed information about these services soon. In the meantime, if you are working with a carer who may benefit from support, you can either ask them to scan the QR code below and complete the enquiry form themselves, or—with their consent—complete it on their behalf. Our team will then be in touch to offer personalised assistance.

WHO IS A CARER?

A carer is anyone who provides emotional, physical, or practical support to someone with a life-limiting illness. They don't need to be the person's primary carer. They may not even identify as a 'carer' at all. If someone has been present during a loved one's illness, supported them through end-of-life care, or seeking support following the death of the person they cared for—they are a carer, and are eligible for support.

As a referrer, you play a vital role in helping people recognise their caring role and access the support they may not realise is available to them.

SCAN ME



www.karuna.org.au/carer-support

