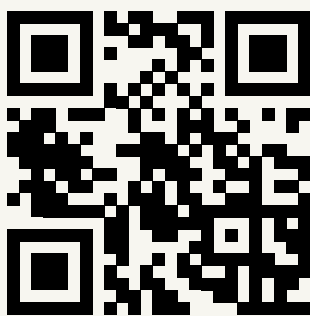


# Does your doctor know that you are caring for someone?



## Free practical and emotional support services are available for you.

A carer is recognised by the Australian Government as anyone who supports a family member or friend with disability, mental health challenges, long term health conditions (including a chronic condition or terminal illness), an alcohol or other drug dependency, or who is frail aged.



Scan me for  
more information



Talk to your  
doctor or nurse  
about your  
caring role.