

Carers

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, 2016).

Caring may include help and support in any of the daily activities of the person being cared for. Commonly, carers are responsible for the management of medications, and provide emotional, social or financial support. Caring may also involve helping the person they are caring for to be organised, reminding them to attend appointments and dealing with emergencies.

If you are caring for someone with cystic fibrosis (CF), you are a carer and are entitled to various supports. A carer includes anyone who takes on the caring role, such as parents, grandparents, siblings, offspring, extended family members and even friends. 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

Carers WA can provide support including counselling, workshops, social support, young carers program and more. Cystic Fibrosis WA provides carer support through various support events including Parents' Retreat, parents' dinners, sibling and offspring camp and coffee mornings.

Useful Resources

- CFWA Support Events <https://www.cfwa.org.au/what-we-offer/events/>
- Carers Australia www.carersaustralia.com.au
- Siblings Factsheet https://www.cysticfibrosis.org.au/media/wysiwyg/CF-Australia/Fact_Sheets/CF_Aust_Fact_Sheet_Siblings.pdf

Cystic Fibrosis WA

The Niche
11 Aberdare Rd
Nedlands WA 6009

Postal Address
PO Box 959
Nedlands 6909

T: +61 8 6457 7333
F: +61 8 6457 7344
E: admin@cfwa.org.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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