

## Carers

A carer is someone who provides unpaid care and support to a family member or friend who are living with disability, mental health challenges, long term health conditions, an alcohol or other drug dependency, or who is frail aged.

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. If you are caring for someone with CF, you are considered a carer, and are entitled to access various supports. Carers may be parents, grandparents, partners, siblings, offspring and other.

### CFWA Support

CFWA offer various [services and programs](#) to support carers, including:

- Subsidies to ease the financial burden of CF for people in financial hardship.
- Our Community Support Worker program which provides carer respite by providing in home assistance with airway clearance, nebulisations, exercise and practical support.
- Short term cleaning packages for people experiencing an acute change in circumstances.
- Peer support events designed to offer respite and connect carers.
- Transplant support for people pre or post transplant, including extra support in the home, such as cleaning packages and increased CSW hours.
- Support to regional families including community education and peer connection.
- A huge range of information resources.



### Centrelink Services

Centrelink have a few allowances which some carers may be eligible to access:

**Carer Allowance:** A supplementary payment if you care for someone who needs daily support.

**Carer Payment:** An income-tested payment if you give constant care to someone with disability or a medical condition, or an adult who's frail aged.

**Carer Supplement:** An annual payment of up to \$600 for recipients of Carer Allowance or Carer Payment.

**Carer Adjustment Payment:** A one off payment to assist families in financial hardship after a catastrophic event affecting a child younger than 7, such as a severe medical condition, accident etc.

## Other Support Organisations

- [Carer Gateway](#)- An Australian Government program providing free services and support for carers.
- [Carers WA](#)- Offer a range of services for carers, including their young carer program.
- [Young Carers Network](#)- A nationally coordinated resource to raise young carer awareness, provide information, and direct young carers to appropriate pathways for support.
- [Kiind](#)- Support families raising children living with disability, developmental delay, autism, genetic, rare, undiagnosed and/or chronic conditions.
- [Ronald McDonald House](#)- RMH offers regional families accommodation right near the hospital during their child's admission.

## Carer Retreats

- [Ronald McDonald Family Retreats](#)- Offers a week of free accommodation for families who might otherwise be unable to afford any time out due the pressures of caring for a seriously ill child.
- [Carers WA Retreats](#)- Are designed to provide rest from the daily challenges of caring duties.