CYSTIC FIBROSIS Western Australia

CF Fact
cystic fibrosis fact sheet

Being a Carer

Caring for someone living with CF can involve much more than providing physical care. Whether you're a parent, partner, grandparent, sibling or other family member, your role may include helping with daily treatments and medications, attending medical appointments, providing emotional support and managing the practical challenges of living with CF.

Not everyone identifies as a 'carer', particularly when supporting someone you love feels like a natural part of your relationship. Caring responsibilities can also change over time as children become more independent, health needs change or new treatments become available.

Whatever your role looks like, it's important to recognise the valuable contribution you make and acknowledge the impact caring can have on your own life and wellbeing.

Looking After Yourself

As a carer, it is important to also look after your own physical and emotional wellbeing. Making time for yourself can help reduce stress, prevent burnout and support your ability to manage the demands of caring.

Small things like getting enough sleep, staying physically active, spending time with friends, enjoying a hobby or simply taking a break can make a difference. It's also important to recognise your own limits, share responsibilities where possible and ask for help when you need it.



CFWA Support

CFWA recognise the important contribution and load taken on by carers, and offer a range of services and programs, including:

- Financial subsidies
- In home supports
- Peer support events
- Online CF Connect programs
- Young carer program
- Mental health support
- Transplant support
- Regional support
- Information resources

Read more about these services here.

Centrelink Services

Centrelink also offer some allowances which 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 support 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.
- Siblings Australia- Services and information for siblings.
- Livewire- Online safe space for siblings to chat and share experiences.

Carer Retreats

- Ronald McDonald Family Retreats- Offers a week of free accommodation to families with ill or injured children, giving them the opportunity to take a break, recharge and reconnect.
- Carers WA Retreats- Are designed to provide rest from the daily challenges of caring duties.

Please reach out to CFWA if you need support or help accessing any of the mentioned services.