

Carer Health & Wellbeing Service



1300 665 781



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Do you know a carer over 50 years of age caring for someone over 65 years?

Does the carer have health and wellbeing goals that they need help with?

Our allied health team would love to help!



Could they benefit from our services?



Psychology

Including counselling, cognitive behaviour therapy, psychotherapy, talk therapy.



Occupational Therapy

Including fatigue management, relaxation strategies, self-management skills, sleep management.



Social Work

Including advocacy & referral, respite services, housing support, family therapy, health and human services.



Physiotherapy

Including manual handling, range of movement & strengthening, home exercise programs, mobility aids.

We care about their health

Carers are those who provide care for someone, including spouse, children, neighbours and friends.

Evidence shows it is important for carers to look after their health and wellbeing. Doing so helps them to help others.

Do you need respite support for the person you care for so you can attend? Call us to discuss.