

NSW Carers Charter

The NSW Carers Charter recognises the enormous contribution that carers make to our community. It provides principles to guide the way we interact with carers. Carers may be clients of our service, they may care for clients of our service or they may be our colleagues or employees.

This Charter acknowledges the importance of the Aboriginal culture, disability, age, gender, cultural and religious background of each carer.

- Recognise the contribution carers make. Support them and the people they care for.
- Be mindful of carers' health and wellbeing.
- Listen to carers, and the people they care for.
- Respect and support carers' choices, knowledge and experience.
- Find out what support and services carers need and refer them to those services.
- Respect the relationship between carers and those they care for.
- Recognise that all carers are different.
- Acknowledge that carers have needs and interests beyond their caring role.
- Young carers have the same rights as all children and young people.
- Help young carers overcome any disadvantage they face.
- Carers should have the same rights, choices and opportunities as all Australians.
- Take into account the additional difficulties faced by carers in rural and remote areas.
- Support for carers should be easy to access and available when needed.

More information

NSW Health

Web: www.health.nsw.gov.au/carers

Email: Carers@moh.health.nsw.gov.au

NSW Health Carers Program Carer Support Officer contacted through your Local Health District

Department of Family and Community Services

Web: www.facs.nsw.gov.au | **Email:** nswcarersact@facs.nsw.gov.au

The full version of the NSW Carers Charter can be found at Schedule 1 of the *NSW Carers (Recognition) Act 2010*. This is a plain English version. A carer provides ongoing, unpaid help to someone who needs it because of a disability, long term or life-limiting illness, mental illness, dementia or ageing.