

# NSW Carers Charter

Carers may be clients of our service, they may care for clients of our service or they may be our colleagues or employees.

The NSW Carers Charter recognises the enormous contribution that carers make to our community and provides principles to guide the way we interact with carers. This guide is based on the Carers Charter.

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

## Carers are a valuable part of our community, and you can help by recognising their contribution:

Respect carers' relationships with those they care for, and support their choices, their first-hand knowledge and experience.

Support them and the people they care for by:

- being mindful of carers' health and wellbeing
- listening to carers and the people they care for
- respecting and recognising that all carers are different.

Carers are entitled to the same rights, choices and opportunities as all Australians so:

- find out what support and services carers need and refer them to those services
- make support for carers easy to access and available when needed
- take into account the additional difficulties faced by carers in rural and remote areas.

Recognise that young carers have the same rights as all children and young people, so help them overcome any disadvantage they face.

Acknowledge that carers have needs and interests beyond their caring role.

### More information

NSW Health

**Web:** [www.health.nsw.gov.au/carers](http://www.health.nsw.gov.au/carers)

**Email:** [Carers@moh.health.nsw.gov.au](mailto: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](http://www.facs.nsw.gov.au) | **Email:** [nswcarersact@facs.nsw.gov.au](mailto: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.