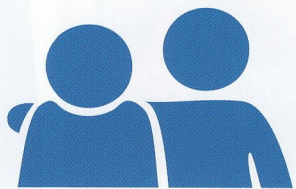


# Are you a Carer?



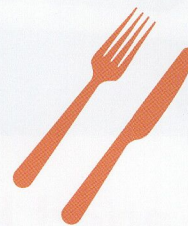
A carer is someone who helps a family member or friend with:



emotional support



grocery shopping



preparing meals



administering medicine



personal care



paying bills

## Is this you?

Free support is just a phone call away. Contact **Carer Gateway** on **1800 422 737** or visit **carerssa.com.au**



**Carers SA**  
Australia

# Social connections means Better quality of life



**Are you aged between 18 and 64?**

**Do you feel disconnected from supports that are available in your local community?**

Then the **Community Connections Program** may be just right for you!

The **Community Connections Program** supports people to increase their independence in the home and to build stronger social and community connections.

Carers SA Community and Carer Connectors can walk beside you over 12 weeks to identify your goals and support you to connect with your local community. This may include supporting you to connect and take part in local community activities that you have an interest in, meeting with other people in your community who have similar interests or finding a support group.

#### **Who Community Connections is for**

Community Connections is for South Australians aged 18 to 64, and 18 to 49 for Aboriginal people,

**Contact us on (08) 8291 5600 or**  
**[carer.connectors@carerssa.com.au](mailto:carer.connectors@carerssa.com.au)**  
**to find out more**

who are not eligible for Federal Government programs such as the National Disability Insurance Scheme (NDIS) and My Aged Care.

The **Community Connections Program** is for Carers under the Age of 65 who are not eligible for Federal Government programs such as the National Disability Insurance Scheme (NDIS) and My Aged Care.

Carers SA provides the **Community Connections Program** in:

- Eyre and Western
- Far North
- Southern Fleurieu and Kangaroo Island
- Limestone Coast
- Murray and Mallee
- Western Adelaide
- Mid North



An Initiative of  
**Government  
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Department of Human Services



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