

We care for carers

A carer is someone who provides ongoing unpaid personal care or support to someone who has a:

- disability,
- mental illness,
- chronic (long-term) illness,
- aged related condition,
- or someone receiving palliative care.

If you are caring for someone, we may be able to provide you with supports and services to help you in your caring role.



Contact Us



1800 51 21 21
Monday to Friday, 8:30am - 5:00pm



1800 422 737
Carer Gateway
24/7 emergency respite & after-hours support



www.alfredhealthcarers.org.au



c.services@alfred.org.au



131 450
Telephone Interpreter Service
Arrange a call to speak with us



Visit the National Relay Service for relay call options to suit people who are deaf, hard of hearing and/or have a speech impairment



For service providers:
Fill out the 'Make a referral' form on our website via the 'For Service Providers' tab



Are you caring for someone?

We support carers and their care relationships



AlfredHealth
Carer Services

AlfredHealth

Carer Services

At Alfred Health Carer Services, we support carers of all ages, the people they care for and caring relationships.

We are an advisory and support service for unpaid carers living in Melbourne's southern metropolitan region: Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Greater Dandenong, Casey, Cardinia, Frankston and the Mornington Peninsula.

Our mission is to support carers and their care relationships, to help increase recognition and awareness of carers and to acknowledge the valuable contribution that carers make to our society.



“

I wish I realised sooner how important it is to look after myself, not just the person I care for.

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We talk with you about your caring role and can help you with:

Information

We give you guidance on how to navigate services.

Taking time out for yourself

We can help to arrange a break from your caring tasks.

Connecting with useful supports and services

In addition to our services, we can link you to other helpful programs and services.

Nurturing social connections

We run free events for carers, helping connect like-minded carers with each other.

Focusing on your own needs

We work with you on how to reach your own personal goals, and provide free coaching and wellbeing support.