

## INFORMATION SHEET 6 CARERS IN COUNTRY SA

**Have you thought about a backup plan for your role as carer?  
Do you know what you would do if you were to become unwell or unable to fulfill your role as a carer?**

**Things to consider when organising a back up plan for you loved one:**

1. Has the person you care for had an Aged Care Assessment. If requesting an Aged Care Assessment, make sure that Residential Respite approval is included in the assessment. This is usually part of an Aged Care Assessment approval, but it pays to request this during the assessment.
2. Is there a relative, friend or neighbour who could assist the person you care for in the short term?
3. Have you registered as a Carer with the Carer Gateway. Carer Gateway provides numerous services for you in your caring role. **Carer Gateway 1800 422 737.**
4. If the person you care for is linked to an Aged Care provider, make sure you discuss a backup plan with them. Included in the plan should be a list of family contacts that the provider can ring to inform family members what has occurred.
5. See if there is a local Aged Care facility in a town near you. Often Country hospitals are dual purpose facilities which means they can provide not only hospital care, but also residential care.

**6. Plan ahead.** If you are having a medical procedure or have anything else planned which may affect your ability to care for someone, consider short term residential respite for the person you care for.

If you need advice or information on the My Aged Care System, ring:  
John Moran  
Ageing Well Coordinator - Country SA  
**Free call 1800 182 324.**

**Notes:**

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