



Blue Tulip Co.

The caring starts here

Carer wellbeing and respite

Looking after yourself while you look after someone.

One person can rarely be a whole care system. Burnout isn't a personal failing — for many, it's arithmetic. This one is for you.

If you're struggling right now, call Carer Gateway on 1800 422 737 (24/7) or Lifeline on 13 11 14. You don't have to be in crisis to call.

YOU'RE A CARER IF ...

- ☐ You help with daily living, medications, appointments or paperwork
- ☐ You help with showering, dressing, feeding or moving
- ☐ You provide emotional support and supervision
- ☐ You coordinate care from other people or services

It doesn't matter if you live with them, are paid, or how many hours. If you do this, you're a carer — and naming it unlocks support.

SIGNS OF BURNOUT — TICK WHAT'S TRUE

- ☐ Exhaustion that rest doesn't fix
- ☐ Resentment — then guilt for feeling it
- ☐ Snapping at the person you love
- ☐ Foggy thinking, forgetting words
- ☐ Body pain — back, shoulders, jaw, headaches
- ☐ Withdrawing from friends
- ☐ Quietly thinking, "I can't do this anymore"

If three or more are true, please call Carer Gateway on 1800 422 737. You don't have to be in crisis.

GET RESPITE — YOU'RE ALLOWED

- ☐ **Call Carer Gateway: 1800 422 737**
Counselling, peer support, and emergency respite, 24/7.
- ☐ **In-home respite**
Someone comes to you.
- ☐ **Day centres**
The person goes out; you get some time.
- ☐ **Residential respite**
Up to 63 days a year in aged care.

☐ **Emergency respite**

Available immediately through Carer Gateway.

PROTECT YOUR OWN HEALTH

☐ **Book your own GP check-up**

Carers neglect themselves. A Mental Health Care Plan can fund counselling sessions.

☐ **Keep one thing that's yours**

A walk, a friend, a class — anything outside the caring role.

☐ **Accept help when it's offered**

Give people something concrete to do.

☐ **Let the guilt be there**

Using respite isn't abandoning them. It helps you last longer, stay kinder, and care better.