

Media Release



FOR IMMEDIATE RELEASE
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CARERS ACT ENDORSES NEW FUNDING TO SUPPORT MENTAL HEALTH CARERS

Carers ACT welcomes the new funding announced yesterday by the Minister for Community Services, Senator Nigel Scullion, which will support new on the ground respite services for people with a mental illness and their families.

“For too long family Carers supporting a person with a mental illness have had little or no respite options. Carers ACT looks forward to working in partnership with the Mental Health Foundation and Communities at Work who are the recipients of the \$733,510 funding in the ACT, to ensure Mental Health Carers can gain access to these important new respite options”, said Dee McGrath, Chief Executive Officer, Carers ACT.

“Caring for someone with a mental illness can be emotionally draining. Taking ‘time out’ can reduce stress and enable Carers to continue to provide the same level of care and support to their family member or friend. Each family’s case is different so it is important that respite options are flexible and can be tailored to meet the individual needs of each family.

“It is a relief to see that the Australian Government is recognising that the health & wellbeing of family Carers’ requires the same amount of care and attention as the care recipients’. They provide an intensity of care and a quality of life that could not be replicated by government and community supports.”

Carers are people who provide support to a family member or friend who has a disability, mental illness, chronic condition or who is frail aged. There are an estimated 43,000 family Carers in the Australian Capital Territory.

Carers ACT is the only association solely responsible for Carers in the Territory – with a growing membership base of almost 2,000 family Carers. They can provide quality information, resources, referrals, respite solutions, support groups, counselling, advocacy, and workshops to family Carers requesting support.

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