

Employed Carers Program for Carers

Finding a Balance between Work and Care

Caring is an issue which faces everyone.

Our society is changing and Australia is now experiencing an ageing population, smaller families, transitional population, a particular issue in the ACT, and different family structures which mean that there are presently 1 in 8 people who are currently carers. You are not alone in Caring.

In the ACT we have an estimated 43,000 Carers, who need support and a flexible response from employers to continue to work as their caring responsibilities progress and change.

Who are Carers?

Carers are people who provide unpaid care to another person usually, but not always, a family member. A primary carer is the Carer who provides most of the care. Carers can be from many different backgrounds, ages and communities.

Carers ACT

Carers ACT is a community organisation which is funded by the Australian Government to provide support and services for Carers. Carers ACT provide information, resources, community education and advocacy to support and enable Carers, in all their diversity, to continue caring.

Carers ACT Employed Carers Program

Aim of the Program:

To support Employed Carers remain in the workforce while continuing to balance work and caring responsibilities. The Employed Carers Program aims to support Employed Carers who care for a loved one, who is frail aged 65+ years, or has early stage dementia, but who is able to stay at home during working hours.

The Employed Carers Program also aims to provide support to enable Carers who are at home, to return to work either on a part-time or full-time basis.

Work and Care Balance

- Are you juggling your work and caring responsibilities?
- Do you worry about the person you care for, being home alone?
- Are you thinking of leaving work because of your caring responsibilities?
- Do you want to return to work but are not sure how to manage work and caring?

The Employed Carer Program will provide supports to enable the Carer to continue or return to work by:

- Providing case by case support and providing appropriate services specific to the needs of the Carer and cared for person
- Arranging services for the cared for person such as home visits, phone calls, Meditrack devices and Meals on Wheels
- Providing support for the cared for person to attend appointments and provide companionship as required
- Access to day programs in aged care centres
- Referrals to other services as required dependant on needs
- Assistance, support and referrals to enable Carers to attend training to return to work

Work Life Balance

Flexible working is the key to ensuring that Employed Carers can work and continue to be effective in the workplace while caring for a loved one.

The Employed Carer Coordinators can assist in discussions with your employer about Flexible Work Practices which can include:

- Flexible starting and finishing times
- Compressed working hours
- Annualised working hours
- Job sharing or part-time employment
- Working from home
- Flexible holidays to fit in with alternative care arrangements

The Employed Carers Program can provide your Workplace with assistance in developing strategies for Employed Carers requirements and presentations on the specific issues and needs of Employed Carers.

Contact details:

Employed Carer Program Coordinators 6296 9900

For more detailed information, including fact sheets, on Employed Carers visit the website www.carersact.asn.au