

## Services for Carers

Caring for someone with cancer can be a fulfilling experience, however, it is sometimes very difficult. You may find that you are called on to do many things that you are not used to doing, which can be stressful and time consuming. In addition, you may experience many different emotions as the person you are caring for goes through different stages in his or her illness. These services provide practical and emotional support to carers. Some provide respite care whilst others can refer to a respite care service in the area.

### Cancer Psychosocial Services

Phillip Health Centre  
Cnr Corinna and Keltie St  
PHILLIP ACT 2606  
[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6207 9977 (Community Health Intake for appointments)  
02 6205 1449

Provides free psychological, social and practical support and counselling for adult cancer patients, their families and carers.

### Carers ACT Inc.

58 Beaurepaire Crescent  
HOLT ACT 2615  
[www.carersact.asn.au](http://www.carersact.asn.au)  
02 6296 9900  
1800 242 636

Provides information, referral, individual counselling, group support services, respite care, a library and resource centre and workshops which are available to any carer of a child or adult with an illness.

### Home Hospice

PO Box 440  
POTTS POINT NSW 1335  
[www.homehospice.com.au](http://www.homehospice.com.au)  
1800 132 229

Provides a free telephone mentoring program which links carers of someone living at home with a terminal illness to a mentor over the telephone who can provide friendly, knowledgeable advice and guidance through the caring journey at home.

### Skills for Carers

D Block, CIT Southside  
Ainsworth Street  
PHILLIP ACT 2606  
02 6207 3628

A range of courses to assist those caring for someone with a chronic illness.

### Thursday Cancer Support Group

St Luke's Parish Centre  
Newdegate St  
DEAKIN ACT 2600  
[www.actcancer.org](http://www.actcancer.org)  
02 6257 9999

A facilitated general cancer support group run by Cancer Council ACT, open to people with any type of cancer and their carers.