

## 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 Connections**

[www.cancerconnections.com.au](http://www.cancerconnections.com.au)

Cancer Connections is a new website with lots of resources for people with cancer, survivors and their partners, family and friends.

### **Cancer Council Connect**

Cancer Council ACT  
5 Richmond Avenue  
FAIRBAIRN ACT 2609  
[www.actcancer.org](http://www.actcancer.org)  
02 6257 9999

A telephone peer support service that puts patients, carers or family members in touch with others who have had a similar experience. This is a Cancer Council service.

### **Cancer Counselling Service**

Phillip Health Centre  
Cnr Corinna and Keltie Street  
PHILLIP ACT 2606  
[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6207 9977

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

### **CanTeen ACT and Southern NSW Division**

Level1, Unit 7  
12 Albany Street  
FYSHWICK ACT 2609  
[www.canteen.org.au](http://www.canteen.org.au)  
02 6262 8133

Provides a mutual peer support network for young people (12-24) living with cancer, this includes siblings and offspring of people with cancer.

### **Carers ACT Inc.**

Northside (Main Office)  
58 Beaurepaire Crescent  
HOLT ACT 2615  
02 6296 9900

Southside  
The Smith Family Building  
Cnr Launceston & Easty Streets  
PHILLIP ACT 2606  
[www.carersact.asn.au](http://www.carersact.asn.au)  
02 6232 4270  
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.

### **Cyclops**

PO Box 147  
KIPPAX ACT 2615  
[www.cyclopsact.org](http://www.cyclopsact.org)  
02 6278 8444

Provides support, support groups, recreational activities and information for young carers aged 10-18, and their families.

### **Life Circle**

153 Dowling St  
WOOLLOOMOOLOO NSW 2011  
[www.lifecircle.org.au](http://www.lifecircle.org.au)  
1800 132 229

Provides support through peer mentors to carers of loved ones who want to die at home. Trained volunteer mentors have personal experience of caring at end of life and focus solely on the needs of carers to enable them to care for their loved ones with less anxiety and greater confidence.

### **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.