

Carer Support Resources

| Sydney and Sydney Eye Hospital Services | Phone number |
|---|--------------|
| Patient Enquiries / Main Switchboard 24 hours a day, 7 days a week | 9382 7111 |
| Social Work | |
| Aboriginal Hospital Liaison Officer | |
| Family and Carer Mental Health Program | 0400 918 742 |
| REACH (Recognise, Engage, Act, Call, Help) - A system that helps patients, carer/s, and families to escalate their concerns with staff about worrying changes in a patient's condition | 9382 7333 |
| Compliments / complaints SESLHD-SSEHConsumerFeedback@health.nsw.gov.au | 9382 7232 |
| Visiting information www.seslhd.health.nsw.gov.au/latest-advice-on-visiting-our-hospitals | |
| Concessional Parking www.seslhd.health.nsw.gov.au/about-us/concessional-car-parking-fees-nsw-public-hospitals | |

| Community Services | Phone Number |
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| Carer Gateway - Online support, information, education, and peer support www.carergateway.gov.au | 1800 422 737 |
| Carers NSW - Information, education and training, resources and referrals www.carersnsw.org.au | 9280 4744 |
| NDIS (National Disability Insurance Scheme) - Support for carers of a person with a permanent disability www.ndis.gov.au/understanding/families-and-carers | 1800 800 110 |
| Friendly Faces - Information for rural / remote carers travelling to a metro health service: www.friendlyfaces.info/ | 1800 014 234 |
| COTA (Council on the Ageing) NSW - Support services to live at home safely or find a place in residential care www.cotansw.com.au/programs/aged-care-navigator/ | 9286 3860 |
| Translation and Interpreter Service | 131 450 |
| STRIDE for better mental health - Mental health support services hello@stride.com.au or https://stride.com.au/about/ | 1300 00 1907 |
| Services Australia - Information on federal payments www.servicesaustralia.gov.au/getting-payment-if-youre-carer | |
| Service NSW - Concessions and support: www.service.nsw.gov.au/guide/carers | |