

# Carer Support Resources

Sutherland Hospital Services	Phone number
<b>Patient Enquiries</b> - Main Entrance	9540 7111
<b>Main Switchboard</b> 24 hours a day, 7 days a week	
<b>Social Work</b>	
<b>Aboriginal Hospital Liaison Officer</b>	9540 7996
<b>Family and Carer Mental Health Program</b>	0400 918 742
<b>REACH (Recognise, Engage, Act, Call, Help)</b> - A system that helps patients, carer/s, and families to escalate their concerns with staff about worrying changes in a patient's condition	9540 7555
<b>Compliments / complaints</b>	9540 8523
SESLHD-TSH-ConsumerFeedback@health.nsw.gov.au	
<b>Visiting information</b>	
<a href="http://www.seslhd.health.nsw.gov.au/latest-advice-on-visiting-our-hospitals">www.seslhd.health.nsw.gov.au/latest-advice-on-visiting-our-hospitals</a>	
<b>Concessional Parking</b>	
<a href="http://www.seslhd.health.nsw.gov.au/about-us/concessional-car-parking-fees-nsw-public-hospitals">www.seslhd.health.nsw.gov.au/about-us/concessional-car-parking-fees-nsw-public-hospitals</a>	

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