

2 October, 2012

## Shining the spotlight on carers during Carers Week

Carers Week, from 14 to 20 October, 2012, is a week dedicated to raising awareness, recognition, support and appreciation of carers across the nation.

In the lead up to Carers Week, South Eastern Sydney Local Health District (SESLHD) is joining forces with local councils and community organisations to host a culturally diverse Carers Expo at Westfield, Hurstville.

Janice Oliver, Manager, Carer Program, SESLHD, said carers are the cornerstone of our mental health, aged care, disability and palliative care systems; and without the support of unpaid family carers these systems would simply collapse.

“The Carers Expo will bring 23 different organisations, including Centrelink, Carers NSW and Alzheimer’s Australia, together to provide information about local service providers who can help those looking after a loved one,” Ms Oliver said.

“Carers are invited to have a free neck massage and enjoy some local entertainment.

“Bilingual workers and interpreters will be available on the day to provide information in many languages,” she said.

Ms Oliver said it is estimated that there are more than 36,180 people living in the St George district and Sutherland Shire who provide care for a family member, friend or neighbour.

“The economic and social contribution carers make to our community is enormous, and our health and community care systems could never replace the work carers do in supporting people who need care,” Ms Oliver said.

“The aim of the Expo is for carers to enjoy some entertainment, connect with other carers, and importantly, have access to information, support and advice to assist them in caring,” she said.

The Carers Expo will be held at Westfield Hurstville, Level 1, Centre Stage, on Wednesday 10 October, 2012 from 10am to 2pm.

For further information contact Janice Oliver on 9947 9840.