

A POCKET GUIDE

Who cares  
*bilingarra*  
for the carer?  
*miyan*





# Acknowledgement of Country

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We acknowledge the Traditional Owners of the land on which we stand. We pay our respects to their ancestors and the their leaders, past, present and into the future.

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The language of the Wiradjuri people has been sourced from the book, *A new Wiradjuri dictionary* compiled by Stan Grant (Snr) and Dr John Rudder, published by Restoration House in 2010. The original dictionary has since been adapted by the Wiradjuri Study Centre into an easily accessible and user-friendly app. The Wiradjuri language is the property of the Wiradjuri people.

## **THIS RESOURCE WAS DEVELOPED FOR CARERS BY CARERS**

Auntie Lorraine is a Wiradjuri woman living in Wagga Wagga and cares for her son Brae and more recently her husband Ron. Corrie, from Wiradjuri Country and recently having relocated to Ngunnawal Country, supports her husband who lives with multiple sclerosis. This project was borne over many (mostly Sunday arvo) conversations about life as a carer.

*This resource is on the most part for carers at the early stages of their caring role.*

# About the Cultural Element

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This cultural element was developed by David Williams; a proud Wakka Wakka man and artist at Gilimbaa.

The element symbolises the role of a carer within the support network of the carer community. It encourages carers to reach out and connect with their community so that all carers can feel supported and secure on their journey.







*"To love someone long-term is to attend a thousand funerals of the people they used to be. The people they are too exhausted to be any longer. The person they grew out of, the person they never ended up growing into. We so badly want the person we love to get their spark back when it burns out, to become steadily found when they are lost.*

*But it is not our job to hold anyone accountable to the person they used to be, it is our job to travel with them between each version and to honour what emerges along the way. Sometimes it will be an even more luminescent flame, sometimes it will be a flicker that temporarily floods the room with a perfect and necessary darkness".*

Heidi Priebe







CHAPTER 1

Love me tender  
(Please)



# Love me tender (Please)

So, a partner, son, daughter, mum, dad, friend, or relative needs some tender love (ngurrbul) and care (bilingarra). So do you!

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When your loved one requires care (bilingarra) because of a recent diagnosis it is so important to remember you need and deserve looking after too! Yes! You do!

We all know the analogy about putting on your oxygen mask, right? If we fill up our own tank, we are more capable of taking care (bilingarra) of those who need us.

This can be really hard. You may not have the time or maybe you are just so, so tired (birra).

Don't give up trying to **prioritise you!**  
You are your own best advocate!



CHAPTER 2

You know it ain't easy



# You know it ain't easy

It's important to take some time out for you!

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Breathe (murunwiginya)

Sleep (wirrinya)

Have a cuppa

Eat well

Call someone

Stick to a routine  
(as much as you can)

Give yourself a break

Ask someone for help

Go for a walk

Cry (ngarrarrdharrinya)

Rest (wirra)

Have another cuppa

Listen to music

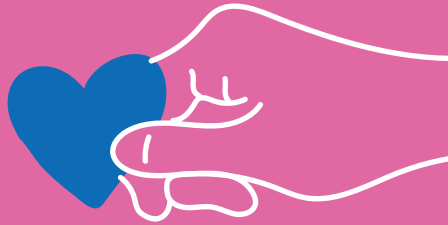
Do one or two things  
you love doing each day.

Journal



CHAPTER 3

Find a little help  
(from your friends)



# Find a little help (from your friends)

Carers sometimes find  
post-diagnosis their friendship  
circles change.

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## **THIS IS NOT NECESSARILY A BAD THING!**

As with all experiences in life friends (malayarr) come and go depending upon our situation. Sometimes, when a loved one has been diagnosed with a disability or illness friends (malayarr) fade into the distance while others shine right into the present!

## **SOMEONE WILL BE THERE FOR YOU!**

An old friend (malayarr), a new friend, or maybe a friend (malayarr) you've met online.

It's really important to reach out to those people when you need a little (or a lot) of help! Connect with people who understand.

Find your tribe!



# How to help a carer

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Listen (winhangarra).

Be silent.

Put yourself in  
their shoes.

Listen (winhangarra).  
Some more!

Check in sometimes.

Ask how they  
are going?

Let them know you  
are there.

Ask what they need.

Drop off a little  
something sometimes.

Give them a break.

Don't tell carers  
what to do!

Understand their  
days can be tough,  
really tough!

Be patient.

Give them this booklet.

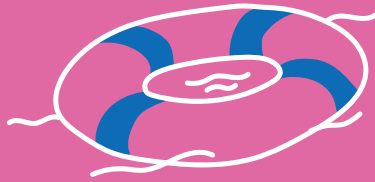
Do it all over again.





CHAPTER 4

Help!  
I need somebody



# Ask for support

Often when you are needing help (yambiyambinya), you will want it ASAP. Having a list of services right at your fingertips is REALLY helpful!

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**There are numerous organisations to support you. Keep searching until you find the one for you.**

## **NEED HELP NOW?**

### **Lifeline**

13 11 14

### **NEED TO SPEAK WITH AN ABORIGINAL OR TORRES STRAITCRISIS SUPPORTER?**

### **Yarn**

13 92 76

## **NEED EMERGENCY SERVICES OR SUPPORT?**

### **Carer Gateway**

1800 422 737

### **If you are a Young Carer the Carer Gateway can help you too!**

1800 422 737

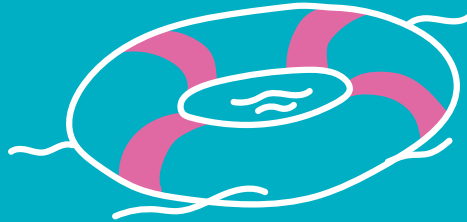
[www.youngcarersnetwork.com.au](http://www.youngcarersnetwork.com.au)

## **IF YOU CARE FOR SOMEONE WITH A MENTAL HEALTH ISSUE**

### **Mental Health Carer Helpline**

1300 554 66

# Tools of the trade



## **National Disability Insurance Scheme (NDIS)**

1800 800 110  
[www.ndis.gov.au](http://www.ndis.gov.au)

## **My Aged Care**

1800 200 422  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

## **Older Persons Advocacy Network**

1800 700 600  
[www.opan.org.au](http://www.opan.org.au)

## **IDEAS (information, education & awareness about disability)**

02 6947 3377  
[www.ideas.org.au](http://www.ideas.org.au)

## **Ebility (marketplace for equipment – buy and sell equipment)**

02 6947 3377  
[www.ebility.com.au](http://www.ebility.com.au)

## **Have a listen to Sharing Common Grounds of Caring: Indigenous carers sharing their stories.**

An initiative by Carers ACT.  
[www.carersact.org.au/sharing-common-grounds/](http://www.carersact.org.au/sharing-common-grounds/)

## **The Secret Life of Carers**

An initiative by Carers Australia.  
[www.carersaustralia.com.au/newsmedia/secret-life-of-carers-podcast/](http://www.carersaustralia.com.au/newsmedia/secret-life-of-carers-podcast/)

# Your go-to.

This is a place to write things that are helpful for you.  
Self care ideas – things you love to do or use to, a list of people who support you and helpful contacts and numbers.

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**IF THINGS BECOME OVERWHELMING, JUST ASK YOURSELF,  
"WHAT'S ONE STEP, JUST ONE THING I CAN DO".  
MOST OF ALL, TRUST YOURSELF.**