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Carer Support Guide

Support ideas for family members and carers who help others every day.

Supporting The Person You Care For

- Keep routines, preferences and goals at the centre of care.
- Document important contacts, medications and support needs.
- Plan breaks and respite before carer fatigue builds.

Looking After Yourself

- Ask for help early and share caring responsibilities where possible.
- Use respite, community supports and professional services.
- Stay connected with family, friends and support networks.

Need help?

Call 1800 527 227 or email info@kb7care.com.au to speak with the KB7 CARE team.