



# FAMILY, WHANAU, AND AIGA CARERS

## [www.carers.net.nz](http://www.carers.net.nz)

Carers NZ Helpline **0800 777 797**

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NEW ZEALAND

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Are You A Family Carer?



# ***Are you a carer?***

- ❖ We are here to help all carers: information, advice, support
- ❖ More than 300K carers in the Auckland area, 1m+ nationwide
- ❖ A carer is someone who supports a friend or family member who is frail, unwell, or has a health condition or disability
- ❖ Carers need support too, to stay well themselves
- ❖ All carers need basic information about help for them
  - ❖ Needs assessment
  - ❖ Respite and Carer Support
  - ❖ The option of payment, and benefits for carers
  - ❖ Community supports and networks
  - ❖ Encouragement to care well for themselves too



# ***Ways we help carers***

- ❖ Regular news and updates
- ❖ Helpline, email hotline, website, social media
- ❖ *Family Care* magazine, infopacks, other resources
- ❖ No membership fee – we freely help all carers
- ❖ Secretariat of the Carers Alliance working with government to refresh the Carers' Strategy - new actions for carers from 2026
- ❖ TANI has joined the Alliance which is now 60 charities working together for carers, thank you TANI for this leadership
- ❖ We would like to better support Asian New Zealanders who are carers – we will work with TANI and others to ensure your voice and issues are understood, and reflected in support delivery and the new Carers' Strategy
- ❖ Please get in touch if you are a carer and we can help



# Carers Alliance – 60 NGOs

