



Work towards your goals



Build on your strengths



## What to expect

After contacting Different Journeys, a carer peer support officer will phone or email you to arrange a one-on-one meeting.

The meeting will be held in a safe place like a local library or café, or online through a virtual meeting platform.

During the first meeting the carer peer support officer will help you assess your needs and complete paperwork which will inform the development of a Carer Action Plan.

The carer peer support officer will meet with you regularly to provide personalised support in line with your action Plan.



## How to get started

Contact Different Journeys to discuss how our Carer Peer Support Program can help you.



### Get in touch

P: 0490 774 068

E: [welcome@differentjourneysautism.com](mailto:welcome@differentjourneysautism.com)

### Complete an online form:

Scan the QR code

or visit:

[differentjourneysautism.com/contact/](http://differentjourneysautism.com/contact/)



different journeys  
Empowering Autism

\*The Different Journeys Carer Peer Support Program is funded by the Victorian Government Department of Family Fairness and Housing

# Carer Supports

one-on-one support for unpaid carers



Build confidence



Access supports & services

[www.differentjourneysautism.com](http://www.differentjourneysautism.com)

# Are you a carer? >>>>

**Carers are people who provide unpaid care and support to family members or friends who:**

- have a disability
- experience mental illness
- live with a chronic condition
- are terminally ill
- face challenges with alcohol or other drug-related issues
- are elderly and require help with daily activities.

## Did you know?

Each year carers save the Australian government over \$77 billion!

## Did you know?

Around 10% of Australian workers are also carers.



## Get FREE one-on-one support

As an unpaid carer, it can be difficult to find and keep a job which allows you to balance your work responsibilities with your caring responsibilities.



One-on-one support

Experienced peer support workers

Different Journeys offers a free Carer Peer Support Program which is tailored to your personal needs and goals.

While the Peer Support Program is available to all unpaid carers, we specialise in supporting the neurodivergent community, using a strengths-based, person-centred approach.

Our carer peer support officers have firsthand experience as carers, enabling them to truly understand the challenges you may experience and provide trusted advice.

## How the Different Journeys Carer Peer Support Program can help you

Our carer peer support officers walk alongside you, offering gentle and personalised assistance to help you:

### Build confidence

- ✓ Re-engage in education, volunteering and community
- ✓ Learn to advocate for yourself and the person in your care
- ✓ Request workplace accommodations and adjustments

### Identify and access supports and services for yourself and the person in your care

- ✓ Navigate the complicated support system including Centrelink, NDIS, and education and carer programs
- ✓ Investigate study or training options
- ✓ Access practical supports, such as house cleaning and meal preparation
- ✓ Learn to use technology to access information, supports and services

### Balance family, work and leisure

- ✓ Connect with your community and other carer families in a similar situation
- ✓ Access supports to enhance your and your family's physical and emotional well-being