

# Are you a carer in NSW?

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You may not think you are a ‘carer’ because you are looking after someone you love. But recognising you are a carer can give you access to the right support.

A carer is anyone who gives ongoing unpaid support to someone who needs it. This might be because of:

- disability
- chronic illness
- mental illness
- addiction
- dementia
- old age.

If you are a carer, we are here to support you.

**Visit [dcjnsw.info/carers](https://dcjnsw.info/carers) for more information and to access support services.**

