

# Information Sheet

## Support for Carers during COVID-19

It is important for carers to look after their own health and wellbeing during COVID-19. Being aware of how you are feeling and knowing what you can do to look after yourself is an important part of staying healthy during this challenging time.

### Looking after yourself

Predictable activities, rhythms and routines make people feel more secure, safer and cared for.

Berry St has published a great resource on [creating soothing household rhythms](#). Berry St also have resources on [how to be kind to yourself as a parent or carer](#), as well as [tips and tricks for 'the new normal'](#).

The National Autistic Society UK has a [range of resources for coping during the pandemic](#).

### Have you considered what you might do if you are in isolation for seven days?

If you or a household member gets COVID-19 or are a close contact of a COVID-19 case, you may be required to isolate.

It is useful to plan in advance and think about what you may do if you are required to isolate. Here are some [tips for working from home while juggling other roles](#).

### Asking for help and staying connected

It's always good to ask for help if you need it. If you can, talk to neighbours, family and friends about help with everyday tasks, or just ask them to stay in touch.

There are carer chat forums such as [SANE forums](#) or the [Young Carers Network](#). There are also autism specific support groups on Facebook such as [Autism Warriors](#), [Yellow Lady Bugs](#), [TARA](#), and [Fully Spectral](#). ACD run [parent groups](#) and [Playconnect](#) is a playgroup for autistic children.

If you feel as though your mental health is suffering you can contact Lifeline on 131 114. There is also the Beyond Blue Coronavirus Mental Wellbeing Support Service on 1800 512 348.

[Carers gateway](#) and [Care2Serve](#) have information and support for carers. They can also provide tailored financial for some carers to help with practical support like planned respite and transport services.

The NDIS also has created [COVID-19 resources for NDIS participants](#), including information on how to use a participant's plan and special considerations.

### Make an emergency plan

Carer Gateway has put together a [template for an emergency care plan](#) to help ensure your loved one or the person you care for is looked after in an emergency situation.

### COVID-19 payments and care packages

The [Covid Care package](#) helps eligible vulnerable Tasmanians and community service organisations. You may be eligible if you or a family member are symptomatic and awaiting a COVID-19 test result, are a confirmed COVID-19 case, are caring for someone who is a confirmed COVID-19 case, or are in quarantine because you are a close contact. Call the Public Health Hotline on 1800 671 738 for more information.

If your finances have been impacted by COVID-19 and you are experiencing financial difficulty it is important to get help as early as possible. The Tasmanian Government website has links to [financial services and support](#).

The Australian Government's [Pandemic Leave Disaster Payments](#) provide eligible Tasmanians with support if they cannot earn an income because they are required to isolate or quarantine. [Individual financial grants](#) are also available to support workers and self-employed people who are required to isolate or quarantine due to COVID-19 risk.