

Resources

Carers' Responsibilities Discrimination- Your rights- A guide for employers to know their legal obligations to support carers at work.

Available at:

http://www.lawlink.nsw.gov.au/lawlink/adb/ll_adb.nsf/pages/adb_carers_responsibilities

Carers of People with a Mental Illness Project, Final Report, June 2000. The Mental Health Council of Australia in partnership with the Carers Association of Australia- Identifies priority actions to better support and recognise the role of carers of people with mental illness across Australia, including education, training and information service gaps, partnership opportunities with other carers, carer policy participation and carer access to mainstream services.

Available at:

<http://www.mhca.org.au/Publications/documents/Carersprojectreport2000.PDF>

Caring Together- an action plan for carer involvement in Victorian public mental health services, Mental Health Branch, Victorian Government Department of Human Services, Melbourne, Victoria, July 2006- This resource covers the following areas- about caring, the policy and program framework for carer involvement, the Carer Participation Action Plan 2003-2008 and implementation, monitoring and evaluation.

Available at:

http://www.dhs.vic.gov.au/pdpd/downloads/mental_health_ap.pdf

Creating Carer-Friendly Workplaces: Information and options for employers, WA Department of Consumer and Employment Protection, 2001- Provides employers with ways to assist attract and retain staff by providing a range of carer friendly work arrangements to assist accommodate the out of work responsibilities of employees who are carers.

Available at:

<http://www.docep.wa.gov.au/LabourRelations/PDF/Work%20Life%20Balance/CarerFriendlyWorkplaces.pdf>

Family Friendly Ideas for Small Business, NSW Department of Industrial Relations, 2003- Outlines the features of a family friendly workplace and provides practical advice to employers on how to implement specific family friendly practices and meet legal requirements, so that both the business and the employee benefit.

Available at:

http://www.industrialrelations.nsw.gov.au/resources/familyguide_feb03.pdf

Websites

Carers Assist- 'Carer Assist' has Carer Advocates who provide support services for carers in regional areas of NSW. 'Carer Assist' also runs 'Well Ways' courses- an informal workshop designed to increase the capacity of families, carers and friends to care effectively for themselves, other family members and the person living with a mental illness.

Available at:

<http://www.sfnsw.org.au/carers/csu.htm>

Carers NSW- The peak organisation for carers in NSW. Carer's NSW is in the process of developing a carer representative training workshop also- They identify possible carer representative roles as Carer's NSW Senior Representative, Key Carer Representative, Carer Ambassador, and Carer Representative.

Available at:

www.carersnsw.asn.au

Working Carers Gateway-Helping you juggle work and care- A website to help people who are working and caring- it provides a range of resources and information for both employers and employees

Available at:

www.workingcarers.org.au