Carer Resources (CareSearch)

These CareSearch resources can be used to find the information that you identified by using the NAT-C.

Information Issues

- **About palliative care**
  This section explains what palliative care is and who provides this care
- **Living with Illness**
  This section looks at what needs to be considered and what needs to be done. It includes information on planning decisions and financial matters.
- **Life, Hope and Reality**
  This guide to living with advanced cancer provides information about cancer and about physical and emotional needs.
- **Finding Services**
  Provides information on state and national services and organisations

Practical Issues

- **Looking after someone**
  Deals with issues relating to caring for someone including managing in the home, social support and respite (taking a break).
- **Practical Caring Issues**
  Covers practical issues such as transport and managing medications
- **Getting Practical help**
- **Life, Hope and Reality: The people who care**
  This provides information on carer feelings and needs
- **Print resources**
  Provides links to printable materials that carers may find helpful

Personal health and well-being

- **Looking after yourself as a carer**

Relationship Issues

- **Why is communication important**
  This section looks at how to talk about difficult things and tips for communicating
- **Looking after yourself as a carer**

Meaning Issues

- **Specific Groups**
  This looks at issues for particular groups such as those from a different culture or who are older.
- **Life, Hope and reality: Emotional needs**
  Information on dignity and anxiety

Other Issues

- **Family carer's need for information**
- **Finding out more**
  Provides advice on how, and where, to look for good quality information