



Coaching can help you to find a **balance** between your **needs**, and the reality of your **responsibilities** as a carer



How do I contact Carer Gateway?

Carer Gateway offers a national website at www.carergateway.gov.au or you can phone **1800 422 737** Monday to Friday between 8am and 5pm.

Carer Gateway is an Australian Government initiative – **Merri Health** is the lead for Carer Gateway services in Victoria

If you require an interpreter you may access our service via the **National Translating and Interpreting Service** on **131 450**

If you are deaf, or have a hearing or speech impairment, contact us through the **National Relay Service**. For more information, visit: www.relayservice.gov.au



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Coaching

MOVING TOWARDS YOUR GOALS



An Australian Government Initiative

A network led by **Merri Health** supporting carers across Victoria



It's about you

The natural demands of a caring role mean it's easy to overlook or dismiss your own needs; maybe even to the point where you lose touch with your sense of self.

Coaching

Coaching is about taking time out to think about how you are going, how you'd like things to be and how you might take steps towards making that happen.

Through your local Carer Gateway service provider, you can access a coaching service specially designed for carers and the complex reality of being in a caring role.

Access coaching in a way that works for you

One-to-one sessions with a coach

You can meet with a **trained carer coach** to explore areas of your life where you'd like things to change. A coach can work with you to create meaningful change and they'll support you while you take steps towards your goals.

You can meet with a coach in person, online or over the phone.

Self-guided coaching online

If meeting with a coach doesn't work for you, you can access **self-guided coaching** sessions online via the Carer Gateway website at carergateway.gov.au

Online coaching sessions explore topics like finances, health, emotions, supportive relationships, work, study and more.

Sessions have been made by carers, for carers, and designed so you can explore ideas, strategies and tools at your own pace, in a way that works for you.

You can access online coaching sessions on your computer, tablet or smart phone.