

Carer Resources in the ACT

ACT Council of Social Service Inc

The ACT Council of Social Service Inc (ACTCOSS) is the peak representative body for not-for-profit community organisations, and disadvantaged and low-income citizens of the Australian Capital Territory.

Further information and contact details are available on the [ACT Council of Social Service Inc](#) website.

ACT Disability, Aged & Carer Advocacy Service

ACT Disability, Aged & Carer Advocacy Service (ADACAS) is an independent advocacy organisation helping people with disabilities, older people and their carers.

Further information and contact details are available on the [ACT Disability, Aged & Carer Advocacy Service](#) website.

ACT Palliative Care Society Inc

ACT Palliative Care Society Inc provides hospice and palliative care services and grief and bereavement support for the family and other carers during the life of a patient. This support for the family continues after the death of a patient.

For further information contact ACT Palliative Care Society Inc:
Ph: (02) 6273 9606, Email: acthpc@bigpond.com.au

All Communities Online

The ACT All Communities Online website enables online access to many ACT community groups providing support to carers.

Further information and contact details are available on the [All Communities Online](#) website (www.gotoaco.com/act/).

Belconnen Community Service

Belconnen Community Service is a community owned and managed incorporated association involved in the provision of a range of services for families and individuals living in the Belconnen Region of the ACT.

Further information and contact details are available on the [Belconnen Community Service](#) website.

Carers ACT

Carers ACT provides comprehensive carers' support services including quality information, community education, advocacy and direct support services to unpaid family carers including young carers. It is the Commonwealth Carer Resource Centre for the ACT.

Further information and contact details are available on the [Carers ACT](#) website.

Citizens Advice Bureau ACT

The Citizens Advice Bureau provides up to date information about the ACT and regional community, referral & support to all ACT residents.

Further information and contact details are available on the [Citizens Advice Bureau ACT](#) website.

Communities@Work

Communities@Work is the Regional Community Service for the Tuggeranong and Weston Creek regions of the ACT. providing a range of services to the community including Home and Community Care (HACC) services.

Further information and contact details are available on the [Communities@Work](#) website.

Community Connections Inc

Community Connections Inc is committed to improving, growing and developing supports and services to people with disabilities in the Canberra community.

Further information and contact details are available on the [Community Connections Inc](#) website.

CYCLOPS ACT (Anglicare Youth and Family Services)

CYCLOPS ACT provides a service for young carers and their families offering referral, case management, personal support, support groups, recreation, education, training, advocacy and brokerage. Young carers are young people under 18 who look after or help look after someone in their family with an illness or disability.

Further information and contact details are available on the [CYCLOPS ACT](#) website.

Family Based Respite Care Inc (FaBRIC)

Family Based Respite Care Inc provides respite and social support to families living in the ACT who have a child or young person with a disability aged between 0 - and 20 years. This includes moderate, severe or profound disabilities, of an intellectual, physical, sensory, medical or behavioural nature.

Further information and contact details are available on the [Family Based Respite Care Inc](#) website.

Friends of the Brain Injured (ACT) Inc

Friends of the Brain Injured (ACT) Inc provides information and financial support for children with a disability.

For further information contact Friends of the Brain Injured (ACT) Inc:
Pearce Community Centre
Ph: (02) 6290 1984, Email: fbiact@shout.org.au

Gungahlin Regional Community Service Inc

Gungahlin Regional Community Service Inc is a community based organisation that provides support to the Gungahlin community of the ACT including home and family and disability support.

For further information contact Gungahlin Regional Community Service:
Ph: (02) 6242 6077, Email: grcscw@gungahlin.org

Home and Community Care Program

The Home and Community Care (HACC) program is jointly provided by the Commonwealth and ACT Governments to assist those members of the community requiring home-based or community care, and their carers. Services available through HACC agencies in the ACT include [Home Help](#) (domestic assistance and personal care) and [Handy Help](#) (home maintenance, transport, meals-on-wheels and nursing care).

Further information on these and other HACC services and how to access them may be obtained from the following community information and service organisations listed on this page:

- Carers ACT
- ACT Disability, Aged & Carer Advocacy Service (ADACAS)
- Regional community service organisations:
 - Belconnen Community Service
 - Communities@Work
 - Gungahlin Regional Community Service
 - Southside Community Services
 - Woden Community Service

Marymead Child and Family Centre

Marymead Child and Family Centre is a local community-based child and family service that works to preserve and support families, and to care for children and young people who can't be at home.

Further information and contact details are available on the [Marymead Child and Family Centre](#) website.

Mental Health Community Coalition of the ACT (MHCC ACT)

Mental Health Community Coalition of the ACT is a peak body representing consumers, carers and the not for profit community mental health sector in the Australian Capital Territory. Community mental health services offered by ACT not for profit community agencies include home-based outreach, psycho-social rehabilitation, respite and housing, peer support, vocational education, health promotion and advocacy.

Further information and contact details are available on the [Mental Health Community Coalition of the ACT](#) website.

Mental Health ACT - Carers support services

ACT Health Services provides a directory of information, referral, support and counselling to carers on the [ACT Health](#) website

Mental Health Foundation (ACT) Inc

The Mental Health Foundation (ACT) Inc is a non government agency that delivers high quality services for people with a mental illness, with an involvement in mental health promotion at the community level, and a strong commitment to effective consumer participation in all of its activities.

Further information and contact details are available on the [Mental Health Foundation \(ACT\) Inc](#) website.

Noah's Ark Resource Centre Inc

Noah's Ark Resource Centre Inc aims to serve the needs of families and their children, especially those with a special need. It offers a variety of services for families and their children including:

- A Toy Library with over 4000 quality toys and educational resources
- General library service for children's services
- Playschool for three year olds, including a program for special needs children
- Facilitated Play and Learn sessions offering parents and children the opportunity for interactive play
- A support group for parents/carers of children with special needs

Further information and contact details are available on the [Noah's Ark Resource Centre Inc](#) website.

Respite Care ACT Inc.

- Respite Care ACT Inc is a Canberra based community organisation that provides quality support to people with disabilities, the frail aged, people with mental health issues and also the primary carers of these groups of clients.

Further information and contact details are available on the [Respite Care ACT Inc.](#) website.

St Margaret's Uniting Church

St Margaret's Uniting Church in Hackett offers friendship and social groups, playgroups and a not-for-profit toy library.

For further information contact St Margaret's Uniting Church:
Ph: (02) 6248 0282, Email: st_marg_ucact@bigpond.com

St Vincent De Paul Society

A Christian based organization whose mission is to help people who are poor or otherwise disadvantaged. Assistance includes community programs such as home visitation, night patrol, crisis assistance, counseling and youth programs.

Further information and contact details are available on the [St Vincent De Paul Society](#) website.

Southside Community Services

Southside Community Services is a community based, not for profit, non-Government organisation. It delivers a range of services, including support for families and for children with a disability, for families and individuals living in the local area and the wider Australian Capital Territory.

Further information and contact details are available on the [Southside Community Services](#) website.

UnitingCare Kippax

UnitingCare Kippax provides a range of support services and activities for local families caring for a child with a disability.

Further information and contact details are available on the [Kippax Uniting Church](#) website.

Winnunga Nimmityjah Aboriginal Health Service

Winnunga Nimmityjah Aboriginal Health Service is a primary health care service initiated and managed by the local Aboriginal community to provide a culturally safe holistic health service and support to the Aboriginal people of the ACT and surrounding areas.

Further information and contact details are available on the [Winnunga Nimmityjah Aboriginal Health Service](#) website.

Woden Community Service Inc.

Woden Community Service Inc is a non-profit, community based organisation, which provides a wide range of services for families and individuals residing in the Woden Valley.

Further information and contact details are available on the [Woden Community Service Inc.](#) website.

Youth Coalition of the ACT

The Youth Coalition is a peak youth affairs body in the ACT responsible for representing the interests of people aged between 12 and 25 years of age with particular respect to their social, political, cultural, spiritual, economic and educational development.

Further information and contact details are available on the [Youth Coalition of the ACT](#) website.