

## Free help for family carers, whānau and aiga.

To learn more or to join our network visit  
[www.carers.net.nz](http://www.carers.net.nz)  
or complete and post or email this form to us.

YES! I'd like to join Carers NZ's support network for families with health or disability support needs.

Name: .....

Address: .....

.....

.....

Postcode: .....

Phone: .....

Mobile: .....

Email: .....

**POST TO:**  
Carers NZ, PO Box 47385, Ponsonby 1144

**EMAIL YOUR DETAILS TO:**  
[centre@carers.net.nz](mailto:centre@carers.net.nz)

**PHONE US:**  
0800 777 797

[www.carers.net.nz](http://www.carers.net.nz)



## Help Carers NZ keep our services free for carers

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We rely on donations and grants to provide free information and support to carers. Please donate to Carers NZ – your gift will really make a difference!  
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### Internet Banking

You can make a donation directly into our bank account: **12 3096 0298326 02.**

Please add your name as a reference and email [centre@carers.net.nz](mailto:centre@carers.net.nz) with your contact details so we know who to thank and send the tax receipt to.

### Phone us with your credit card details: 0800 777 797

We can take details for your donation over the phone and charge your credit card for your gift.

### Leave a gift in your Will

Please contact us by phone or email to discuss how your bequest can make a difference to family carers.



Do you support an elderly, ill, or disabled family member or friend?



Carers NZ is here for you, providing information, advice, and support to New Zealand's family carers.

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[www.carers.net.nz](http://www.carers.net.nz) | 0800 777 797  
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## You are not alone...

Carers NZ was created by carers, for carers, in 1993. It is a registered charity (CC41050) governed by a Board of Trustees, supporting New Zealand's 490,000+ family, whānau, and aiga carers.

There is no cost to join Carers NZ and all of our information and support is provided free.

### We offer:

- Information packs which can be posted to your home, containing information all carers should know about. Download an infopack in one click at [www.carers.net.nz](http://www.carers.net.nz)
- Helpful advice through our helpline, available during business hours: 0800 777 797 or email [centre@carers.net.nz](mailto:centre@carers.net.nz)
- Our comprehensive web portal offers information, wellbeing resources, and learning for carers: [www.carers.net.nz](http://www.carers.net.nz)
- Regular electronic newsletters and updates for those with internet access.
- Free subscriptions to our popular magazine, *Family Care*. Get in touch to request the latest issue which is also included in our infopacks.
- Links to local carer networks.
- Advocacy for carers and/or referrals to other helpful organisations.
- Zoom wellbeing events featuring topics of interest to carers.
- Join our popular Facebook community: search for CarersNZ.



## Family carers are NZ's biggest health, disability, and aged care workforce ...



0800 777 797  
[www.carers.net.nz](http://www.carers.net.nz)



**The unpaid work of carers has an annual economic value of more than \$10 billion. Although their contribution to family life, society, and the economy is so important, carers often struggle with the unique pressures of their role.**

Providing ongoing care and support for someone else can be stressful, especially in 24 hour or high need situations. It's important for carers to know what help is available so they can access it and have regular breaks.

With our practical advice and helpful information, Carers NZ is here for you. We exist to serve family carers who do so much and need support themselves.

### Improving things for carers

Carers NZ undertakes regular campaigns to increase recognition and support for carers, and interacts with government to ensure their role is valued and supported. We also encourage good decision-making and support for carers through specialist networks including:

- **The NZ Carers Alliance** – A coalition of 50 national not for profits working together for carers. Carers NZ acts as the ongoing Secretariat for the Carers Alliance.
- **Young Carers NZ** – An emerging national support network for children and young people in caring roles. Join the YCNZ Facebook community: search at Facebook for YoungCarersNZ.
- **CareWise** – Employers are working with Carers NZ to create a country of carer friendly workplaces to help carers keep working and earning. Learn more about CareWise at [www.carewise.net.nz](http://www.carewise.net.nz)