



# Nexus

Dual Diagnosis Consultation Service


The background features several thick, dark blue curved lines that sweep across the page from the left side towards the right, creating a sense of movement and framing the text.

# **Caring during Covid-19**

Lynne Ruggiero

Project Officer (Family/Carer)

# So far:

- **No increase in calls to carer helplines**
  - **Increase in carer anxiety**
  - **Increase in caring roles**
  - **Change in carer tasks**
  - **Increase in financial support being provided**
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**So far:**


**What have you noticed?**

**What are carers saying??**



# Caring role

Carers caring for *more than one* person:

- Caring for person with dual diagnosis
  - Caring for elderly parents
  - Caring for grandchildren now at home
  - Increase in members living in the home
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# Carer Anxiety

- Worry
- Vigilance
- Concern




# Carer tasks

**What sort of tasks do you consider as part of a carers work??**



# Carer tasks

- Cooking
  - Cleaning
  - Shopping
  - Medication supervision
  - Learning to use technology
  - Communicating more with family members
  - Liaising with services
  - Emotional support to others
  - Occupying / distracting
  - And probably more.....
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# Financial issues to consider

Working commitments

Working from home

Loss of job

Loss of income

Managing bills – liaising with financial institutions

Extra resources to be purchased for home




# **Carer Wellbeing**

**What do carers need to  
look after  
themselves??**



# Carer Wellbeing

- Support as they will not be able to participate in usual wellbeing activities
  - Support and strategies to alleviate emotional exhaustion
  - Time out/quiet time for self
  - Networks to counter any sense of overwhelm by caring responsibility (real or perceived)
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**What can you do to  
assist carers?**

**Stay in touch**



# Resources

- 'Carers Can Ask' booklet and staff checklist  
[www.svhm.org.au/nexus](http://www.svhm.org.au/nexus)
- Tandem Carers Support Line: 1800 314 325  
[www.tandemcarers.org.au](http://www.tandemcarers.org.au)
- Family Drug Help: 1300 660 068  
[www.familydrughelp.com.au](http://www.familydrughelp.com.au)
- Mind Carer Helpline: 1300 554 660
- Carer Support Fund (must be case managed by clinical MH services)
- Basis: Cambridge Health Alliance

[Read their helpful strategies here.](#)



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Service

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