Phase 5 Purposeful coping
Summary and useful information and support

Purposeful coping
While you still face the same issues as Phases 3 and 4, you have more knowledge and skills. Your carer role is now proactive and purposeful.

Carer needs
Many carers need:
- to stay involved in all aspects of treatment and care planning
- reassurance that the person requiring care is well cared for and you’re your relationship with the medical and health care system and/or residential program is going well
- to ensure that the future care needs of the person requiring care is in place
- to know that respite is available and reliable.

At this phase carers need information to support their own health and wellbeing. Grief and loss may continue.

Young Carer Program [www.youngcarersnsw.asn.au](http://www.youngcarersnsw.asn.au) 1800 242 636

Older Parent Carer Program 1800 242 636

Health and medical system
It is important to have a positive and cooperative relationship with the medical and health care and community care system.

Contact:
Doctor or Community Health Centre
Aboriginal Medical Service 02 9319 5823 (all locations)
Telephone Interpreter Service 13 14 50

Emergency Care Plan (Carer support kit) from Carers NSW [www.carers.nsw.asn.au](http://www.carers.nsw.asn.au) 1800 242 636


Medicines Line (search by medicines name) [www.nps.org.au/consumers](http://www.nps.org.au/consumers) 1300 633 424

Patient and carer rights (see NSW) [www.survivingthemaze.org.au/BCFC/BCFCNSW/BCFCNSW.htm](http://www.survivingthemaze.org.au/BCFC/BCFCNSW/BCFCNSW.htm)