



What you need to know if you get a payment for caring

Change of circumstances

You need to tell us within 14 days about any personal, income or care changes. If you do not tell us about these changes, we may pay you too much or too little. If we overpay you, you will have to pay the money back.

This can include, but is not limited to:

- the amount of care your care receiver needs changes
- you stop providing care or start sharing the care with someone else
- you or the person you care for go overseas
- any changes to your relationship
- any changes to your income and assets.

You must also tell us if the person you provide care for:

- is in someone else's care
- goes into respite care, hospital or moves to a nursing home
- stops being a dependent child
- goes to live outside Australia
- dies.

For more information, go to
servicesaustralia.gov.au/carerpayerschanges

Breaks from caring

You can still get Carer Allowance and Carer Payment if you take a break from providing care or if the person you care for is in hospital.

You must tell us within 14 days if you take a break from caring or if the person you care for goes into hospital.

Respite days

- You have up to 63 days of respite each calendar year without your payment stopping. A calendar year is from 1 January to 31 December.
- You can use these days to take a holiday or simply take a break from caring.
- During your break, the person getting care can be in formal respite care, at home, or looked after by a friend, neighbour, or family member.

Hospitalisation days

- You can have up to 63 days of hospitalisation days each calendar year without your payment stopping. These are different to respite days.
- If the person you care for is younger than 16 and goes into hospital, you don't need to use hospitalisation days. We'll check back in with you if they've been in hospital for more than 12 weeks.
- If you don't provide care for the person while they're in hospital, you can use respite days to keep getting your payment.

For more information, go to
servicesaustralia.gov.au/caringformyself

Working while getting Carer Payment

You may still get Carer Payment if you do paid or self-employed work for up to 100 hours in a 4 week period. You must tell us within 14 days if you start or stop work, and if your income or hours change.

For more information, go to servicesaustralia.gov.au/carerpayerswork

Carer Gateway

Carer Gateway is an Australian Government program providing free services and support for carers. Their services include peer support groups, support packages and counselling.

For more information, go to carergateway.gov.au or call them on **1800 422 737**.

For more information



Go to servicesaustralia.gov.au/carers for more information in English.

Go to servicesaustralia.gov.au/yourlanguage to read, listen to or watch information in your language.



Visit a service centre.



Call **131 202** to speak with us in your language about Centrelink payments and services.

Call **132 011** for Medicare and **131 272** for Child Support. Let us know if you need an interpreter, and we will arrange one for free.

Call **132 717** for Disability, sickness and carers line.

Disclaimer: The information contained in this publication is intended only as a guide to payments and services. It's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.

Note: Calls from your landline to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '18' numbers from your landline are usually free. Calls from public and mobile phones may be timed and charged at a higher rate.