



Carer support

The Carer Peer Support program is a service provided by the MS Society to link people who are caring for someone with MS with other MS carers. These are people who can relate to your situation and are fully trained as Carer Support volunteers.

The volunteers are skilled listeners. They offer support, not counselling and provide an empathetic and objective ear.

KEY CONTACTS

For further information about the Carer Peer Support program, please call **08 9365 4888**.

Carer Peer Support volunteers are needed. If you are interested in sharing your experiences and supporting carers of people with MS, please contact the program coordinator.

The Multiple Sclerosis Society of WA (Inc)
Parkhill Way
Wilson WA 6107

www.multiple-wa.asn.au



WESTERN AUSTRALIA

CARER PEER SUPPORT PROGRAM

A telephone support service for people caring for someone with MS



WESTERN AUSTRALIA



SUPPORTING WESTERN AUSTRALIANS WITH MULTIPLE SCLEROSIS

SEEKING THE CURE PROVIDING THE CARE



TELEPHONE ASSISTANCE

Who can use Carer Support?

The service is available to people who care for a Member of the MS Society of WA.

Is it confidential?

Yes. Your information will not be disclosed to anyone without your consent.

How can talking help?

It often helps to talk to someone if:

- You feel no-one really understands your situation and what it's like to care for someone with MS.
- You would like to be linked with someone in similar circumstances to your own.
- The person you care for has had an exacerbation and you would like to talk to someone who understands your situation.
- Reduce the sense of isolation often experienced with caring for someone.

“experiencing a common circumstance or being in a common predicament can be a powerful component of healing.”

MacLochlainn & Ryan, 1994.



HOW THE PROGRAM WORKS

The telephone support service links carers with Carer Support volunteers, who have been trained in peer support.

Following is an outline on how the service works:

1. Telephone the MS Society on (08) 9365 4888 and ask for the Peer Support Coordinator or return the form on this brochure to the address provided.
2. The Peer Support Coordinator will contact you to understand your situation and what your needs are from the Carer Peer Support program.
3. You will be matched to a trained Carer Peer Support volunteer who is, or has been in, a similar situation to yourself. The Carer Peer Support volunteer will ring to provide telephone support.
4. The Peer Support Coordinator will monitor each link to see how things are progressing, asking for feedback from yourself and the Carer Peer Support volunteer.



CARER PEER SUPPORT REGISTRATION FORM

Yes, I would like to talk to a Carer Peer Support volunteer.

NAME _____

ADDRESS _____

DAYTIME TELEPHONE NUMBER _____

ADDITIONAL COMMENTS _____

Please return this form to:

**Peer Support Coordinator
Locked Bag 2
BENTLEY DC WA 6983**



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