**Title:** Playing the critical role: GPs guide healthy families and carers

**Author and affiliations**: Ann Nicholas, Carly Nichols, **Robyn Linkhorn**

**Background:**

Funded by the Federal Department of Social Services, Carer Gateway is a helpline and website designed to assist carers navigate the health system by finding services and support.

With over 2.8 million carers in Australia, working an estimated $60.3 billion in unpaid care[[1]](#footnote-1), the role GPs play in maintaining the physical and mental health of Australian carers and their families is critical.

Providing vital frontline support to carers themselves, GPs assist by means of respite access, fostering safe environments, supporting younger carers, and monitoring the mental health and wellbeing of carers and families.

Reducing consultation time by educating and assisting carers, Carer Gateway is a resource that will benefit GPs and the holistic family care they provide.

**Aims:**

To create GP awareness and utilisation of Carer Gateway by helping carers obtain support services and information throughout their care journey, temporary or permanent.

**Method:**

Demonstration of practical resources available via Carer Gateway. Informing GPs how to they can assist carers navigate complex legal and financial issues, respite care, and all stages of caring.

**Results**:

Providing GPs with a clear understanding about Carer Gateway and demonstrating a valuable resource to assist them to support their patients.

This presentation will highlight how to use Carer Gateway specific to health conditions and location, when carers are most likely to need help, and how to close the loop between GP and care at home.

**Conclusion:**

Carer Gateway will assist GPs, their patients and carers by providing access to valuable resources via telephone and internet, increasing mental health and wellbeing support for healthy families.

**References**

Deloitte Access Economics (2015) The Economic value of informal care in Australia 2015.

1. [↑](#footnote-ref-1)