



Carer Gateway Community Forum

- an online space where carers can find connection and support from other carers, 24/7

What is the Community Forum?

The Community Forum is part of Carer Gateway, delivering services to unpaid carers across Australia. The Forum is a safe, anonymous, online space for carers 18 years and over to connect, ask questions, and support one another.

The Forum is available online 24/7 and it's easy to join in. Carers just like you have already posted about their caring journeys, sharing helpful advice about caring for a loved one, and supports they've found useful. The Forum also provides a safe social space to chat about shared interests – for example, recipes and hobbies, self-care tips, and more!



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How do I use the Forum?

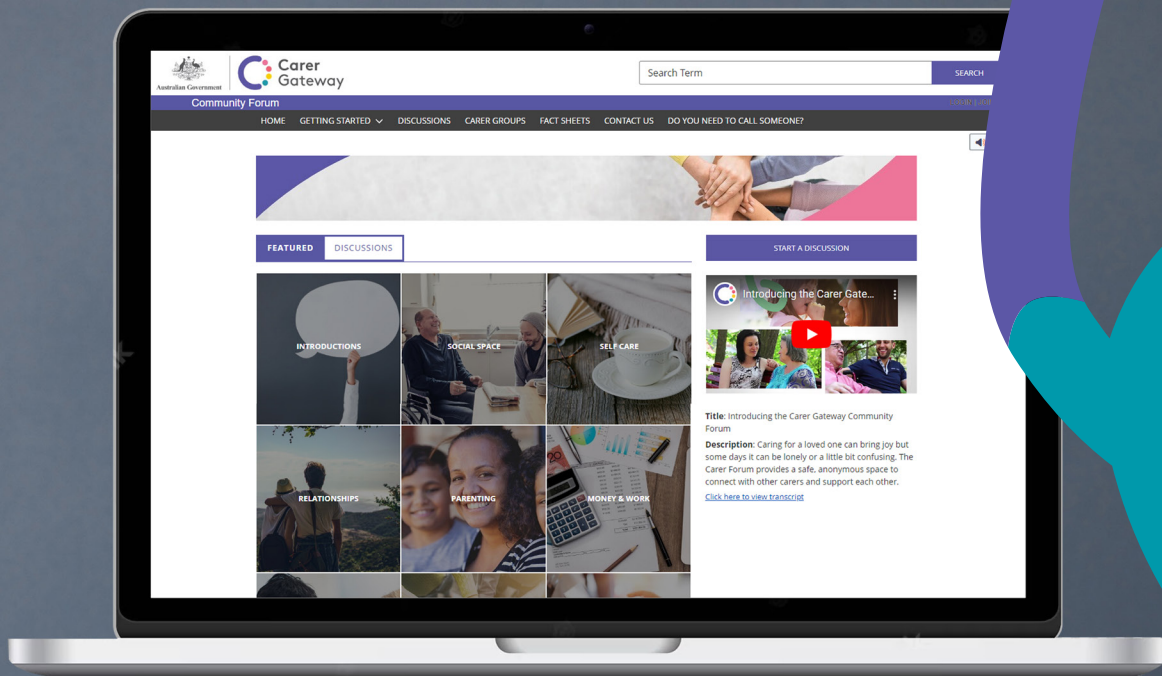
To find the Carer Gateway Community Forum, simply visit <https://forum.carergateway.gov.au/s/>

Here, you will find discussions covering nine popular topics such as Social Space, Relationships and Good Resources. You don't need to sign up as a member to read through all the discussions on a topic; simply click on the Topic picture to read the latest or top posts from other carers.

If you are looking for a particular topic or issue, you can simply type your topic or question into the Search Here bar at the top of the website page. A list of posts will appear containing the words you searched for.

If you want to share your own experience or ask a question, it's simple to join by clicking the [LOGIN | JOIN](#) button at the top of the Home Page. Posting is anonymous to maintain your privacy, but the sense of community and support is very real. An example of a question is:

"I'm caring for a partner and the relationship has totally changed – how do I come to terms with what I've lost?"



Share in the wisdom of other carers...

The Forum has a Carer Wisdom feature where we re-share posts that others have found so helpful. To find Carer Wisdom posts, simply search Carer Wisdom in the Search bar or [click here](#).

Below are some Carer Wisdom examples:

"Please try to let your family know about your need for longer and regular respite. It is essential for your own well-being and for you to continue caring for your mum."

"I am in an almost identical situation, caring for my mum who has terminal brain cancer... I am suffering compassion fatigue. Some advice I can offer is to try to go for a walk every day with your partner. Use the time to really talk and vent."

Carers share what this Forum Community means to them...

"So many words of encouragement and love. I am truly blessed to have the forum community in my life."

"It was lovely to hear your story and I like how we can relate to each other's situation."

"Thank you for your kind words, yeah it really helps to kind of write it all out and vent here. Helps calm down the mind in the chaos."

Find out more by visiting <https://forum.carergateway.gov.au/s/> and join the conversation!



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