

How health professionals can work with carers who are First Nations people

This guide was made to help services and health workers work better with First Nations carers.

First Nations carers have an important role in their community. They may support friends and family with disability, mental illness and other health conditions. But many people do not think of themselves as a "carer", even when they care for someone every day.

The guide explains how to:

- talk about caring as a strength
- learn about Country and community protocols
- see who has caring roles, even if they don't say they are a carer
- use stories to connect with carers.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Carers NSW

A group that aims to improve the lives of all carers in NSW.

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