

# PRINCIPLES

A set of six principles co-developed with family carers in Brisbane South;  
to underpin and to inform the activities and priorities of the Older Persons' Health and Wellness Strategy.

What does 'good support' look like to family carers?

## PRINCIPLE ONE

Good supports provide me with real choice and create a sense of control

*"Caring is overwhelming - my ability to think and plan is diminished. I am in survival mode and reactive. Let me talk and show me the different paths I can take."* CARER

The Family Carer Experience Project is supported by funding from the Australian Government through the PHN Program.

## PRINCIPLE TWO

Good supports respond holistically in relation to myself and those around me

*"At times I feel completely out of the circle - it's an overwhelming responsibility. I've withdrawn myself from friends and I choose who I see with my situation. I need care too but nobody cares for me."* CARER

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## PRINCIPLE THREE

Good supports enable me to identify needs and make choices aligned to values and preferences

*"As a carer I get excluded from communication sometimes and told 'You are not the client'. But I'm the one doing it 24/7. I need to be included in communication to do my work."* CARER

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## PRINCIPLE FOUR

Good supports combine formal and informal resources

*"When you're a carer, your networks become fellow carers - no explanation, no validation needed. How else do you know what you are going to need to know?"* CARER

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## PRINCIPLE FIVE

Good supports recognise and respond to multiple layers of complex grief and loss

*"It's a half life like I am already grieving his loss. As my husband's condition has got worse people have dropped away - they can't deal with how he is now."* CARER

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## PRINCIPLE SIX

Good supports enable smooth transitions across services and systems

*"There is a lifetime of services and we have to anticipate beyond immediate needs. As a carer I'm playing the long game all the time."* CARER

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