

Carer Representative Program

information for families & friends



What is the Carer Representative Program (CRP)?

Government agencies, community service organisations, and other employers are becoming more aware of the benefits of including people who have lived experience of mental ill health in a range of workplace activities.

These include planning, staff training, interview panels, and policy and service development.

Mental health families & friends TASMANIA, through its Carer Representative Program, assists employers to access family and friends of someone with mental ill health, who have the knowledge, skills, and commitment to assist them to achieve their aim to develop quality programs and services to support people with mental ill health in Tasmania.

What can I gain from taking part in the CRP?

The CRP provides support and opportunities to individuals to:

- Recognise the value of their lived experience
- Gain additional skills and experience which may increase self-confidence and well-being
- Participate in their local community
- Challenge stigma and discrimination related to mental ill health
- Provide input directly into improving mental health services in Tasmania

Why is being a Carer Representative important?

Carer Representatives bring a valued and unique perspective of mental ill health and recovery, helping organisations to provide services and workplaces that are responsive to mental health issues.

As a Carer Representative, you are giving your voice to important decisions in the mental health industry

Who can be a Carer Representative?

If you have a family member or close friend who lives with mental ill health and turns to you for support, you are eligible to volunteer as a Carer Representative. You will be reimbursed for the costs incurred in carrying out your role.

You do not need any special qualifications or experience beyond that which you already have – lived experience!

What does a Carer Representative do?

Carers can participate in a range of activities, including:

- Board, committee, and Staff selection panels
- Training and information sharing
- Undertaking and/or assisting with consultations
- Reviewing public policy
- Speaking to groups and/or participating in forums

Terrific! How do I become a Carer Representative?

Complete a Carer Representative Program application form! This will tell us your background, skills, areas of interest, availability, training needs and contact details. Forms are available from our website or our office. Once you have returned it, we can talk about what happens next and answer any questions you may have.

Quotes from Carer Representatives

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