

# AUSTRALIAN CARERS GUIDE

FOR TODAY'S FAMILY CARER

**798 MILLION**

**BUDGETED FOR  
CARERS  
DO I QUALIFY?**

**Soul Food**

It's not what  
you're eating, it's  
what's eating you

**AM I A CARER?**

**TAKE OUR QUIZ  
INSIDE & FIND OUT**

**HOW SPENDING 40K  
could SAVE you**

**174K**

**TIME OUT**

Brain Games,  
Puzzles, Riddles,  
Reader Stories,  
Word Games,  
Quizzes  
& More

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SHOWCASING A FULL RANGE OF QUALITY AGED CARE AND HOME CARE PROVIDERS

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