



## 'Surviving the maze'

### Information sheets for carers and families of older people

**Are you caring for an older family member or friend? Or do you know someone who is? "Surviving the maze" could make all the difference.**

"Surviving the maze" is a series of approximately 60 information sheets written specifically for people who are caring for an older family member or friend. Everything from starting caring, to dealing with the hospital system, to being a carer in residential care is covered. You will find answers to the questions you have long wanted to ask — and learn things that you didn't know to ask!

Promotional poster

<http://www.survivingthemaze.org.au/BCFC/PDFS/STMposter.pdf>

Carers Australia website

<http://www.survivingthemaze.org.au/BCFC/BCFCQ/BCFCQ.htm>