

Carers - coronavirus (COVID-19)

If you're not affected by coronavirus your payment won't change.



Learn about the [\\$750 one off Economic Support Payment](#) as part of the Government's response to coronavirus (COVID-19).

Respite days are available for carers and care receivers who are separated due to coronavirus, or who are self-isolating. You can use 63 respite days each calendar year to take a break from caring without your payment stopping.

If you run out of respite days, call Centrelink on the [carers line](#).

You must tell Centrelink if you use any respite days. You can do this online, or call Centrelink. [Sign in to myGov](#) and access your [Centrelink online account](#). Then use the **View/Update Absence from Care** option from the **Carer** menu.

Read more about [breaks from caring when you get Carer Payment](#) or [Carer Allowance](#)

If you're concerned about going to a Centrelink service centre to do business with Centrelink you can use the online services.

You can [report your income](#) in any of the following ways:

- using your [Centrelink online account](#) through [myGov](#)
- using the [Express Plus Centrelink mobile app](#)
- calling the [Income reporting line](#) for [phone self-service](#).

If there are [changes to your circumstances for Carer Payment](#) or [Carer Allowance](#) tell Centrelink by using any of the following:

- the [Express Plus Centrelink mobile app](#)
- your [Centrelink online account](#) through [myGov](#)
- [Centrelink phone self-service](#).

If you don't have access to a Centrelink self-service option please call the [carers line](#).

Telehealth option

If you care for someone with a chronic health condition and they need to see a health professional, they can get bulk billed consultations by video conference or telephone with a:

- GP
- Specialist
- Allied mental health professional
- Nurse Practitioner.

Contact your health professional to organise a consultation.

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