



Organised by the Illawarra Shoalhaven Local Health District Carer Program

2023 CARER WORKSHOPS

FREE Carer Education Workshops - information to help people providing support to a family member or friend because of illness, disability, mental health issues or who is frail and/or aged.

Morning tea and lunch included

Sessions run 9.30am-2.30pm one day per week over three weeks

CORRIMAL

Corrimal Community Centre - Tuesdays
28th February, 7th and 14th March

ULLADULLA

HealthOne Ulladulla - Wednesdays
3rd, 10th and 17th May

DAPTO

HealthOne Dapto - Wednesdays
19th, 26th July and 2nd August

BOMADERRY

Bomaderry Bowling Club - Tuesdays
5th, 12th and 19th September

SHELLHARBOUR

Shellharbour Civic Centre - Tuesdays
31st October, 7th and 14th November

For information or to register (book early places are limited):

Corrimal, Dapto and Shellharbour contact 4253 4501
or email evelyn.jelercic@health.nsw.gov.au

Ulladulla and Bomaderry contact Kellie on 0422 004 119
or email kellie.sale@health.nsw.gov.au

If you need help with respite call Carer Gateway 1800 422 737





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CARER WORKSHOP TOPICS

Our three day workshops cover services and supports, planning ahead, health and wellbeing plus an opportunity to meet other carers.

WEEK 1

- Welcome and introductions
- Overview of caring role and impacts of caring
- Value of respite and other community support
- Carer Gateway
- Caring smarter not harder
- Home modification and maintenance

WEEK 2

- Centrelink financial information
- Legal Planning Ahead
- Advanced Care Planning
- Grief and loss
- Relaxation

WEEK 3

- Stress management
- Carer health and wellbeing
- Seniors Rights Service
- National Disability Insurance Scheme
- Advocacy
- Review and evaluation

Morning tea and lunch provided

