

FREE CARER EDUCATION PROGRAM 2024

Organised by the Illawarra Shoalhaven Local Health District Carer Program

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

ULLADULLA

HealthOne Ulladulla, Tuesday 5, 12 & 19 March

CORRIMAL

Corrimal Community Centre, Wednesday 1, 8 & 15 May

KIAMA - For carers supporting someone with disability

Kiama Integrated Care & Community Centre,
Wednesday 19, 26 June & 3 July

SHELLHARBOUR

Shellharbour Civic Centre, Wednesday 14, 21 & 28 August

BOMADERRY

Bomaderry Bowling Club, Wednesday 16, 23 & 30 October

Morning tea and lunch included

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

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

Ulladulla, Kiama and Bomaderry contact Kellie on
0422 004 119 or email ISLHD-CarersProgram@health.nsw.gov.au

Corrimal or Shellharbour contact 4253 4501 or email Evelyn at
ISLHD-CarersProgram@health.nsw.gov.au

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

CARER EDUCATION TOPICS

Ulladulla, Corrimal, Bomaderry, Shellharbour For all carers

The free-three day Carer Education Workshops provide information on services and supports, planning ahead, and carer health and wellbeing. There is the opportunity to meet other carers, with morning tea and lunch provided.

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

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