



Organised by the Illawarra Shoalhaven Local Health District Carer Program

2024 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.

Our three-day workshops are held across the Illawarra and Shoalhaven.

TOPICS

The workshops cover

- Carer and care recipient services and supports
- Planning ahead
- Health and wellbeing
- Advocacy
- Caring in the home environment
- Financial supports and more

Meet and learn with other carers

Morning tea and lunch included

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

For further information or to register your interest contact
ISLHD-CarersProgram@health.nsw.gov.au

