

# CARER EDUCATION PROGRAM ULLADULLA 2025

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

## **This three day workshop includes information on:**

- Services and supports
- Planning ahead
- Health and wellbeing
- Opportunity to meet other carers

<b>Dates:</b>	<b>Across three consecutive Tuesdays</b> 29 April, 6 May, & 13 May
<b>Time:</b>	9.30am - 2.30pm
<b>Venue:</b>	HealthOne Ulladulla, Corner of South Street & Princes Highway, Ulladulla

## **For more information or to RSVP**

**To RSVP** email [ISLHD-CarersProgram@health.nsw.gov.au](mailto:ISLHD-CarersProgram@health.nsw.gov.au)  
or call 0421 099 005

**Morning Tea and Lunch included**, please advise of dietary requirements upon registration.

# CARER EDUCATION TOPICS

**Fairy Meadow, Ulladulla, Shellharbour, Bomaderry**

**For all carers**, note: carers of young people with disability may register for Online - Disability specific program as well

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

For people providing support to a family member or friend because of illness, disability, mental health issues or who is frail and/or aged.