

FREE CARER EDUCATION PROGRAM 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

FAIRY MEADOW

The Fraternity Club, Tuesday, 25 February, 4, & 11 March

ULLADULLA

HealthOne Ulladulla, Tuesday, 29 April, 6, & 13 May

ONLINE - DISABILITY SPECIFIC

Online, Thursday, 12, 19, 26 June, & 3 July

SHELLHARBOUR

Shellharbour Civic Centre, Tuesday, 12, 19, & 26 August

BOMADERRY

Bomaderry Bowling Club, Tuesday, 7, 14, & 21 October

Morning Tea and Lunch included (except for online program)

9.30am-2.30pm, 9.30am-12.30pm for online Disability Program

For information or to register (book early, places limited) email ISLHD-CarersProgram@health.nsw.gov.au **or call** 4253 4501 for Fairy Meadow & Shellharbour, 0421 099 005 for all other programs

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.