

2025 ONLINE CARER EDUCATION PROGRAM

ARE YOU CARING FOR A PERSON WITH DISABILITY?

FREE Carer Education Program - information to help people providing support to a family member or friend living with disability, including children to young adult age.

This four, half-day program includes information for carers supporting a child to young adult aged person with disability

Topics include:

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

Dates:

Across four consecutive Thursdays
12 June, 19 June, 26 June, & 3 July

Time:

Week 1: 9.15am - 1.00pm
Week 2, 3 & 4: 9.30am - 12.45pm

Venue:

ONLINE

For more information or to RSVP

To RSVP email ISLHD-CarersProgram@health.nsw.gov.au
or call 0422 004 119

Attendance across all four days of program is required.

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

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For carers of children to young adult aged people with disability

The free, four half-day Carer Education Program provides information on services and supports, planning ahead, and carer health and wellbeing. There is the opportunity to meet other carers within the online format.

WEEK 1

- Welcome and introductions
- Overview of caring role and impacts of caring
- Value of respite and other community support
- Carer Gateway
- Development and supports

WEEK 2

- Peer Care learnings and story
- Centrelink financial information
- Transitions and Education

WEEK 3

- National Disability Insurance Scheme
- Disability and Health Services

WEEK 4

- Legal Planning
- Transition to Adult Services
- Carer wellbeing and stress management
- Review and evaluation

For people providing support to a family member or friend living with disability. This workshop is particularly relevant to those supporting someone from childhood to young adulthood.