

# CARER EDUCATION PROGRAM ONLINE 2025

**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 of someone child to young adult aged with disability on:**

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

<b>Dates:</b>	<b>Across four consecutive Tuesdays</b> 12 June, 19 June, 26 June, & 3 July
<b>Time:</b>	<b>Week 1:</b> 9.15am - 1.00pm <b>Week 2, 3 &amp; 4:</b> 9.30am - 12.30pm
<b>Venue:</b>	<b>ONLINE</b>

**For more information or to RSVP**

**To RSVP** email [ISLHD-CarersProgram@health.nsw.gov.au](mailto:ISLHD-CarersProgram@health.nsw.gov.au)  
or call 0422 004 119

Attendance across all four days of program is required.

# CARER EDUCATION TOPICS ONLINE

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.