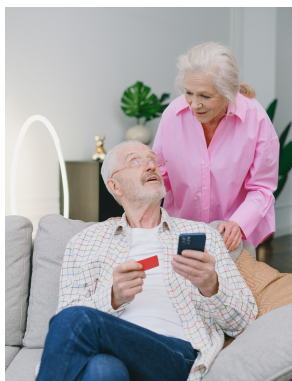


FREE

Organised by the Illawarra Shoalhaven Local Health District Carer Program

CARER WORKSHOP

BOMADERRY NOWRA



Do you provide support to a family member or a friend because of chronic illness, disability, mental health or frail/aged care?

This three day workshop includes information on:

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

DETAILS



Across three consecutive Tuesdays

DATES: 11th | 18th | 25th October

TIME: 9.30am - 2.30pm

VENUE: Bomaderry Bowling Club,
154 Meroo Road, Nowra

RSVP



RSVP to Kellie Sale or for more information:
ISLHD-CarersProgram@health.nsw.gov.au

Lunch provided, please advise of dietary requirements upon RSVP

For Carer Respite please call Carer Gateway
on 1800 422 737



Organised by the Illawarra Shoalhaven Local Health District Carer Program

CARER WORKSHOP TOPICS

Sessions run 9.30am to 2.30pm

Lunch included

WEEK 1

11th October

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

18th October

Centrelink financial information
Legal Planning Ahead
Advanced Care Planning
Grief and loss
Relaxation

WEEK 3

25th October

Stress management
Carer health and wellbeing
Seniors Rights Service
National Disability Insurance Scheme
Advocacy
Review and evaluation

Please contact us if you are unable to attend or will be running late

