

2024 BOMADERRY CARER EDUCATION PROGRAM

Organised by the Illawarra Shoalhaven Local Health District Carer Program

FREE Carer Education Program - information to help people providing support to a family member or friend because of 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

DATES: | **Across three consecutive Wednesdays**
16th,
23rd, &
30th October

TIME: 9.30am - 2.30pm

VENUE: Bomaderry Bowling Club,
154 Meroo Road, Bomaderry

For more information or to RSVP

RSVP to Kellie Sale or contact for more information
ISLHD-CarersProgram@health.nsw.gov.au or 0422 004 119

Lunch provided, please advise of dietary requirements upon RSVP

For Carer Respite please call Carer Gateway on 1800 422 737

CARER EDUCATION TOPICS

Ulladulla, Corrimal, Bomaderry, Shellharbour For all carers

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.

