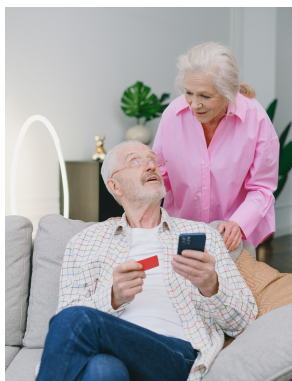


**FREE**

Organised by the Illawarra Shoalhaven Local Health District Carer Program

# CARER WORKSHOP

## CORRIMAL Community Centre



**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:** 28th February | 7th | 14th March

**TIME:** 9.30am - 2.30pm

**VENUE:** Corrimal Community Centre,  
Myrtle Room,  
15 Short Street, Corrimal

### RSVP



**RSVP or for more information:**

4253 4501 or [Evelyn.Jelercic@health.nsw.gov.au](mailto:Evelyn.Jelercic@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

**28th February**

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

**7th March**

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

## WEEK 3

**14th March**

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

