

2024 SHELLHARBOUR 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**
14th,
21st, &
28th August

TIME: 9.30am - 2.30pm

VENUE: Gadhu Room, Shellharbour Civic Centre,
Cygnett Avenue, Shellharbour

For more information or to RSVP

RSVP at 4253 4501 or contact **Evelyn Jelercic** for more information at 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

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

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