

**FREE**

Organised by the Illawarra Shoalhaven Local Health District Carer Program

# CARER WORKSHOP

## SHELLHARBOUR Civic 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:** 31st October | 7th | 14th November

**TIME:** 9.30am - 2.30pm

**VENUE:** Shellharbour Civic Centre,  
Cygnett Avenue,  
Shellharbour

### 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



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# CARER WORKSHOP TOPICS

Our three day workshops cover services and supports, planning ahead, health and wellbeing plus an opportunity to meet other carers.

## 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

**Morning tea and lunch provided**

