



**Book early  
Limited Places!**

## **Free workshop for Carers in Shellharbour**

**Do you provide support to a family member or a friend because of chronic illness, disability, mental health issues or frail age?**

**Our three day workshop covers services and supports, planning ahead, health and wellbeing plus an opportunity to meet other carers.**

**Dates: Tuesdays 16 August, 23 August and 30 August 2022**

**Time: 9:30am – 2:30pm**

**Venue: Shellharbour Council, Gadhu Room  
76 Cygnet Ave  
Shellharbour City Centre**  
Parking available underneath Council

**Lunch provided**

**To register please phone 4253 4501 or  
email [evelyn.jelercic@health.nsw.gov.au](mailto:evelyn.jelercic@health.nsw.gov.au)**

**FREE!**

**If you need help with respite call Carer Gateway 1800 422 737  
Organised by the Illawarra Shoalhaven Local Health District Carer Program**



# Carer Education Program

9.30am to 2.30pm

## Topics covered

- Week 1** Welcome & Introductions  
Overview of caring role & impacts of caring  
Value of respite and other community support  
Caring Smarter Not Harder  
Home Modifications and Maintenance
- Week 2** Centrelink Financial Information  
Legal Planning Ahead  
Advance Care Planning  
Grief and Loss  
Relaxation
- Week 3** Stress Management  
Carer Wellbeing  
National Disability Insurance Scheme  
Advocacy  
Review and Evaluation

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

Evelyn 0421 099 005

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