

2024 ULLADULLA 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 Tuesdays**
5th,
12th, &
19th March

TIME: 9.30am - 2.30pm

VENUE: HealthOne Ulladulla,
Corner South Street & Princes Highway, Ulladulla

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.

