



Free Workshops for Carers in 2020

Information to help people providing support to a family member or friend because of illness, disability, mental health issues or frail age.

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

Dates and Locations

9.30am to 2.30pm

- **Shellharbour— Wednesdays 26th February, 4th and 11th March
The Disability Trust –To register call 4253 4501**
- **Bomaderry – Wednesdays 6th, 13th and 20th May
Bomaderry Bowling Club –To register call 4424 6300**
- **Fairy Meadow— Wednesdays 22nd, 29th July, and 5th August
Fraternity Club -To register call 4253 4501**
- **Milton — Mondays 31st August, 7th and 14th September
Milton Hospital- To register call 4424 6300**
- **Dapto– Tuesdays 20th, 27th October and 3th November
Dapto Leagues Club -To register call 4253 4501**

Lunch and morning tea provided

You can register by email:

**Fairy Meadow/Dapto/Shellharbour—evelyn.jelercic@health.nsw.gov.au
Bomaderry/Milton—carla.farrar@health.nsw.gov.au**

**If you need help with respite call 1800 052 222
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
 - Services and Carer Support
 - Caring Smarter Not Harder
 - Home Modifications and Maintenance
- Week 2**
- Centrelink Services and Payments
 - Legal Planning
 - Advance Care Planning/Loss and Grief
 - Relaxation
- Week 3**
- Stress Management
 - Carer Health and 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
Carla 0422 004 119

Please Note: The order of the topics presented may change

