



Free Workshops for Carers in 2021

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

- **Fairy Meadow— Tuesdays 2nd, 9th and 16th March
Fraternity Club –To register call 4253 4501**
- **Bomaderry – Tuesdays 4th, 11th and 18th May
Bomaderry Bowling Club –To register call 0422 004 119**
- **Shellharbour— Wednesdays 14th, 21st and 28th July
Shellharbour Library –Contact 4253 4501 to register your interest**
- **Milton — Wednesdays 1st, 8th and 15th September
Ulladulla venue to be confirmed - To register call 0422 004 119**
- **Dapto– Tuesdays 2nd, 9th and 16th November
Dapto venue to be confirmed -To register call 4253 4501**

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 Carer Gateway 1800 422 737

These Workshops may be affected by the Public Health Order during 2021

Organised by the Illawarra Shoalhaven Local Health District Carer Program

Please Book Early as Places Are Limited

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

