



**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: Wednesdays 14th July , 21st July
and 28th July 2021**

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**

**If you need help with respite call Carer Gateway 1800 422 737
This Workshop may be affected by the Public Health Order in July 2021**

FREE!



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

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Carla 0422 004 119

