

# 2024 ONLINE 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 living with disability, including children to young adult age.

## **This three day workshop includes information on:**

- Services and supports
- Planning ahead
- Health and wellbeing
- Opportunity to meet other carers

**DATES:** Across three consecutive Wednesdays  
19th June,  
26th June, &  
3rd July 2024

**TIME:** 9.30am - 2.30pm

**VENUE:** **ONLINE**  
(Formerly at Kiama Integrated Primary  
and Community Health Centre)

## **For more information or to RSVP**

**RSVP to Kellie Sale** or contact for more information  
ISLHD-CarersProgram@health.nsw.gov.au, 0421 099 005 or  
0422 004 119

Attendance across all three days of program required.

*For Carer Respite please call Carer Gateway on 1800 422 737*

# CARER EDUCATION TOPICS ONLINE

## For carers supporting someone with disability

The free-three day Carer Education Program provides information on services and supports, planning ahead, and carer health and wellbeing. There is the opportunity to meet other carers in an online format.

### **WEEK 1**

Welcome and introductions

Overview of caring role and impacts of caring

Value of respite and other community support

Carer Gateway

Disability and education transitions

Caring smarter not harder

### **WEEK 2**

Centrelink financial information

Peer Carer learnings and story

Legal planning

Disability and Health Services

Relaxation

### **WEEK 3**

Health Services transition - from child to adult

National Disability Insurance Scheme

Stress

Carer Health and Wellbeing

Review and evaluation

For people providing support to a family member or friend living with disability. This workshop is particularly relevant to those supporting someone from childhood to young adulthood.

