



CarerLinks North Workshops for carers

 03 9495 2500 or 1800 052 222 (Free call except from mobile phones)

 carerlinksnorth@merrrihealth.org.au

 www.merrrihealth.org.au



Workshop 1: The caring role, supports & services

This workshop acknowledges the importance of the caring role and what it means to care for someone. Carers will learn about the stages of the caring journey, common expectations and the support services and entitlements available. Carers will also be provided with information about support services that CarerLinks North can provide to better support them on the caring journey.

Workshop 2: Aged care, supports & services

This workshop will provide an introduction to the aged care system, with a focus on My Aged Care. Carers will be provided with the opportunity to identify their current needs and how to access services to better support the person.

Workshop 3: Dementia, supports & services

This workshop will provide an introduction and overview of dementia, the causes, symptoms and typical changes that may occur. Carers will learn about the support services available for the person living with dementia, as well as the importance of self-care.

Workshop 4: Taking a break & respite options

Carers will understand the importance of looking after themselves and 'taking a break' from their caring role. Carers will explore the various respite options, strategies to improve self-care and ways to support their wellbeing on their caring journey.

Workshop 5: Keeping healthy & active

Carers will learn about the importance of self-care and how to recognise and respond to reduce stress. Carers will be provided with information about nutrition and exercise, stress management techniques and how to improve their overall wellbeing.

Workshop 6: What to do when caring changes

This workshop explores the importance of the caring role, what may occur when the caring role changes or ceases, and what services, supports and entitlements are available.

Workshop 7: Planning for the future

If you care for someone, it is important to plan for the future. In this workshop, carers will be provided with information to help them in making important decisions for themselves and the person in their care. Carers will learn about the legal supports available to them including guardianship and powers of attorney, making a will and how to plan ahead.

Workshop 8: Exploring ways to re-engage

Carers will be supported to identify their skills and strengths beyond the caring role and be provided with the tools to re-engage with work, study and the community. Carers will learn techniques and strategies including resume writing and how to prepare for interviews.

Workshop 9: Mental health, supports & services

This workshop will provide an introduction and overview to mental health and the range of support services available. Carers will be invited to learn from others, explore the importance of self-care and how they can support their own mental health and wellbeing.

Workshop 10: Disability, supports & services

This workshop will provide an introduction and overview of disability services and support available. Carers will be provided with information on the NDIS including how to access the scheme and what supports are available for people who are not eligible.

Workshop 11: Carers supporting carers through peer support

Carers will learn about the peer support service at CarerLinks North and the benefits it provides for carers throughout their caring journey. Carers will discuss their interests, what's involved in setting up a peer support group, and will be provided with the opportunity to join a peer support group at CarerLinks North or set up their own.



Merri Health
Healthcare that moves with you



April, 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
	1	2	3	4 Mental health, supports & services 10am - 12.30pm Greensborough Library, Diamond Valley Civic Drive, Greensborough	5	6
7	8 Aged care, supports & services 10am - 12.30pm Chifley Drive Boardroom	9	10 The caring role, supports & services 2pm - 4.30pm Goonawarra Community Centre 20 Dornoch Dr, Sunbury	11 Planning for the future 10am - 12.30pm Galada Community Centre 10A Forum Way, Epping	12	13
14	15	16	17	18	19 Public Holiday (Good Friday)	20
21	22 Public Holiday (Easter Monday)	23	24	25 Public Holiday (ANZAC Day)	26	27
28	29 Taking a break & respite options 10am to 12.30pm Chifley Drive Boardroom	30				

May, 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
			1 What to do when caring changes 2pm - 4.30pm Hume Global Learning Centre 75-95 Central Park Ave, Craigieburn	2 Disability, supports & services 10am - 12.30pm Hawdon Street Community Hall 78-80 Hawdon St, Heidelberg	3	4
5	6 Keeping healthy & active 10am - 12.30pm Merri Central - Engage Office Room 1	7	8 Carers supporting carers through peer support 2pm - 4.30pm YMCA - Community Bank Stadium	9 The caring role, supports & services 10am - 12.30pm Galada Community Centre 10A Forum Way, Epping	10	11
12	13 What to do when caring changes 10am - 12.30pm Chifley Drive Boardroom	14	15 Aged care, supports & services 2pm - 4.30pm Galada Community Centre 10A Forum Way, Epping	16 Dementia, supports & services 10.00am - 1.30pm Bagung Magali Community Room 182 St Georges Road, Fitzroy North	17	18
19	20 Planning for the future 10am - 12.30pm Merri Central - Engage Office Room 1	21	22 Keeping healthy & active 2pm - 4.30pm Hume Global Learning Centre 1093 Pascoe Vale Rd, Broadmeadows	23 Taking a break & respite options 10am - 12.30pm Bargoonga Nganjin Seminar Room 1 182 St Georges Road, Fitzroy North	24	25
26	27 Exploring ways to re-engage 10am - 12.30pm Chifley Drive Boardroom	28	29 Planning for the future 2pm - 4.30pm YMCA - Community Bank Stadium 129-163 Main Hurstbridge Rd, Diamond Creek	30 What to do when caring changes 10am - 12.30pm Hawdon Street Community Hall 78-80 Hawdon St, Heidelberg	31	

June, 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat
						1
2	3 Mental health, supports & services 10am - 12.30pm Merri Central - Engage Office Room 1	4	5 Dementia, supports & services 2pm - 4.30pm Galada Community Centre 10A Forum Way, Epping	6 Aged care, supports and services 2pm - 4.30pm Galada Community Centre 10A Forum Way, Epping	7	8
9	10 Public Holiday (Queen's Birthday)	11	12 Keeping healthy & active 2pm - 4.30pm Greensborough Library Civic Drive, Greensborough	13 Taking a break & respite options 10am - 12.30pm Galada Community Centre 10A Forum Way, Epping	14	15
16	17 Disability, supports & services 10am - 12.30pm Chifley Drive Boardroom	18	19 The caring role, supports & services 2pm - 4.30pm YMCA - Community Bank Stadium 129-163 Main Hurstbridge Rd, Diamond Creek	20 Planning for the future 10am - 12.30pm Bargoonga Nganjin Barrong/Seminar 2 182 St Georges Road, Fitzroy North	21	22
23/30	24 Carers supporting carers through peer support 10am - 12.30pm Merri Central - Engage Office Room 1	25	26	27	28	29