



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

All workshops are free!



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 with work and study

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: 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.

Get in touch to find out time and dates for workshops.

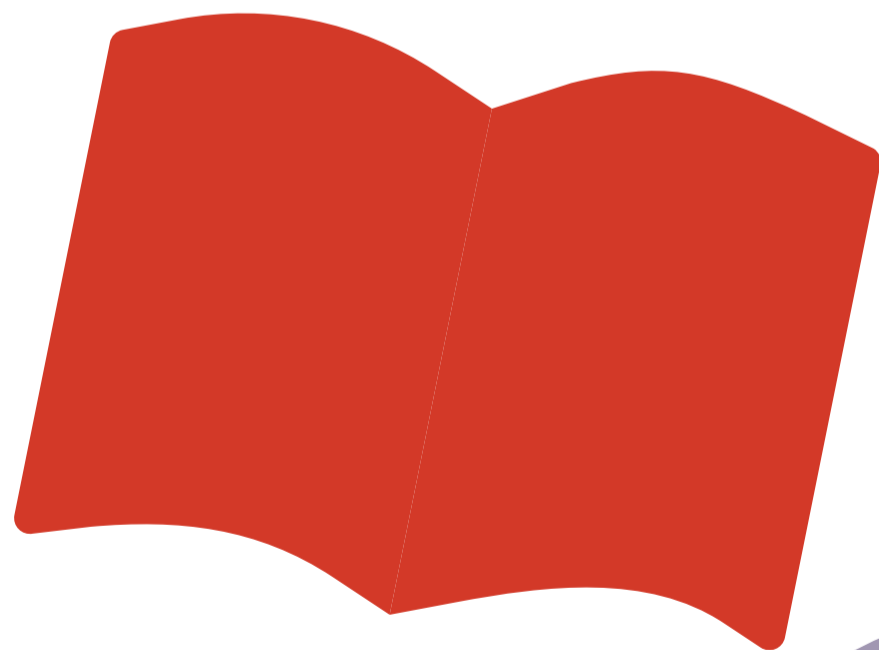
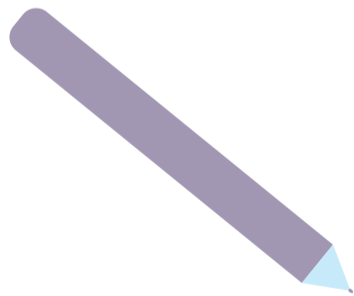


Merri Health
Healthcare that moves with you





CarerLinks North



Merri Health

Healthcare that moves with you