

National Carers Week 2020, CONVERSATIONS WITH CARERS.

Proudly supported by
Carers Support Service
& Local Councils.

Recognising, respecting, and valuing carers as partners in care.

**MON 12 OCT
- FRI 16 OCT
EVERYDAY FROM
10:30AM to 12 NOON**

Join us for a series of virtual talks about caring for a family member, friend, or neighbour.

Monday 12 October
**Caring for the
Older Person**

Sue Pieters Hawke will reflect on her journey as a Carer for her parents Hazel and Bob Hawke.

Prof Diminity Pond, has strategies for getting the most out of a Doctor's appointment including those uncomfortable conversations about dementia and cognitive impairment.

Prof Sue Kurre, *Geriatrician*, talking about frailty and care of an older person.

Tuesday 13 October
**Developing Emotional
Resilience**

Petrea King, will share some tools and strategies to help carers care for themselves so they may in turn care for others.

Petrea will help you maintain hope, humour and optimism when living with and caring for a family member.

Wednesday 14 October
**Let's talk about
male Carers**

Relationships Australia is a leading provider of relationship support services for individuals, families, and communities. They aim to support all people in Australia to achieve positive and respectful relationships.

Listen to professional experts discuss Carers and relationships, focusing on the role and experiences of Male Carers

Thursday 14 October
**Better outcomes for people
with Intellectual Disability**

Margaret Meaker, A parent's journey in creating changes and lifelong learning.

Vince Ponzio, *NSW Ministry of Health*, covering new approaches of care.

Understanding Guardianship:
A Carer's guide on how to make it work for your family.

Friday 14 October
A light at the end of the tunnel
- A focus on Trauma and Crisis Management and Care

Tarja Malone Carer Counsellor
Social Worker Tarja, has worked in clinical and therapeutic settings in areas of complex trauma and mental health. YourSide – for the Carers Gateway

Roshan is Carer to a child with complex support needs, she shares insights into effective strategies that have worked for her family.

Week Round-Up - Discussion & Questions with Carer Support

BOOK ONLINE

lanecove.nsw.gov.au/carersweek

BOOK BY PHONE

Contact NSLHD Carer Support Service on 9462 9488

You will receive an email invitation with instructions on how to join a free online talk via a **Zoom** video call.

Booking is essential.

Each talk will be held on **Zoom** from **10:30AM to 12:00PM**,
Or by phone on 9462 9488.