

## Carers NSW July to September 2022 training calendar

Carers NSW offers a number of free workshops and training for carers, carer support groups, service providers and anyone providing support to a carer. The education and training calendar is updated each month to help you plan ahead for any topics of interest.

These sessions are being delivered online using the Zoom videoconferencing platform. You will need access to a computer with speakers (a microphone and video camera are a bonus). Carers NSW will send you instructions about how you can join the session on confirmation of your registration.

**Guest speaker requests are welcome.** Please contact [education@carersnsw.org.au](mailto:education@carersnsw.org.au). Bookings will be subject to trainer availability and COVID safe risk assessments for in person training requests.

### 5 Ways to Wellbeing Introduction

This 1 hour workshop provides an overview of 5 Ways to Wellbeing program for carers. The session will describe the five simple and effective way to improve your psychological and emotional health which is covered in the six week online course.

**Dates:** Thursday 28 July      Thursday 18 August      Thursday 8 September

[Click here to register](#)

### 5 Ways to Wellbeing

Carers can strengthen their psychological health in small day-to-day ways. Based on extensive international research, '5 Ways to Wellbeing' explores tips, practical tools and resources carers can implement to cope with the stress and demands of the caring role.

This course will be held for 1 hour each week, over 6 weeks. The course will be run both during the day and in the evening to ensure that those unable to attend during the day, can attend in the evening. You don't need to attend all sessions:

**Dates:** Daytime course starts Tuesday 19 July from 11.00am – 12.00pm. (Following sessions will be held on 26 July, 2 August, 9 August, 16 August and 23 August).

**Dates:** Evening course starts Wednesday 27 July from 7.00pm – 8.00pm. (Following sessions will be held on 3 August, 10 August, 17 August, 24 August and 31 August).

[Click here to register](#)

### Carer Support Groups: a workshop for facilitators

A 3-week interactive workshop covering a broad range of topics and issues that relate to the role of a carer support group facilitator. This training is open to service providers and carers who currently facilitate a carer support group.

Topics include:

- An introduction to group processes and group work
- Identifying and responding to issues specific to carers and the group
- How to develop and maintain ethical facilitation



## Caring Through Crisis: Disaster Planning

This 1 ½ hour workshop provides carers with an opportunity to plan ahead for future emergencies, especially when caring for someone with complex needs. The session will focus on understanding your risks; knowing what to do before, during and after a disaster; knowing who can assist you, and having the tools and knowledge to plan ahead.

Participants will also receive a handbook with an emergency care plan, evacuation plan and checklist.

**Dates:**     *Wednesday 27 July*                      *Monday 29 August*                      *Wednesday 28 September*

[Click here to register](#)

## Future Matters: The Importance of Carers Planning Ahead

Planning for the future can be challenging for carers, many of whom avoid thinking about future needs for themselves and the person they care for, until they are in crisis. This 1½ hour session provides an overview of the legal, medical, financial and other practical considerations in planning for the future. The session will help with the transition of someone to aged and/or end of life care with an opportunity to reflect on the emotional impacts carers may be experiencing.

At the end of the session carers will receive a handbook with information, tools and resources on future planning.

**Dates:**     *Monday 25 July*                      *Wednesday 31 August*                      *Wednesday 27 September*

[Click here to register](#)

## Health and Wellbeing

This 1½ hour session recognises caring for a family member or friend is often rewarding, but can at times lead carers to feel physically and emotionally overwhelmed. This session helps carers explore the impacts of caring, identify barriers to self-care, reflect on the importance of looking after their physical and emotional health, explore strategies and develop a self-care plan to address their health and wellbeing needs.

**Dates:**     *Friday 22 July*                      *Tuesday 23 August*                      *Wednesday 21 September*

[Click here to register](#)

## Navigating My Aged Care

This 1 hour session builds carer confidence in accessing My Aged Care, the starting point for Australian Government funded aged care services. The session covers access to services and supports, the assessment process, home care and residential care. Participants will receive a handbook with helpful resources and tools.

**Dates:**     *Thursday 7 July*                      *Tuesday 9 August*                      *Monday 19 September*

[Click here to register](#)

## Supported Decision-Making

This 1½ session outlines the human rights belief that 'every person has the right to make their own decisions'. The session provides carers with an overview of the supported decision-making process and an understanding of their role, rights and responsibilities in supporting the person they care for to make decisions.

**Dates:** *Wednesday 13 July* *Tuesday 13 September*

[Click here to register](#)

## Understanding and Supporting Carers

This 1 hour session provides service providers an understanding of carers in society, the impacts of caring, the diversity of carers and their caring experience, the importance of identifying carers in ensuring their access to support services, and awareness of Carers NSW and Carer Gateway resources that support carers in their caring role.

**Dates:** *Wednesday 17 August* *Friday 23 September*

[Click here to register](#)

## Contact us

Call **(02) 9280 4744** weekdays from 9am to 5pm or visit [www.carersnsw.org.au](http://www.carersnsw.org.au) to learn more.

Education and training enquiries and guest speaker requests can be directed to [education@carersnsw.org.au](mailto:education@carersnsw.org.au)

### REGISTER FOR A SESSION

