

Caring for older Tasmanians



Workshop Dates

South

February 3, 17 and 24 | **March** 3, 17 and 24
(on Mondays)

Venue - Mornington Skills Centre

North

February 5, 12, 19 and 26 | **March** 5 and 12
(on Wednesdays)

Venue - Blackstone Christian Centre

North West

February 7, 14, 21 and 28 | **March** 7 and 14
(on Fridays)

Venue - Care2Serve Burnie Office

Time - 10am to 12:30pm

A free resource for Tasmanian carers

We have created a series of six interactive online modules in collaboration with comedian and author Jean Kittson to support those caring for an older Tasmanian.

In February and March this year, we will be exploring these modules in a series of workshops. We will help you navigate and use the information and take time to discuss the challenges for you over a cuppa. All questions are welcome.

Week 1. Prepare to Care

Navigating the aged care system or supporting someone who is ageing can feel like learning a new language. This session will guide you through the first steps, including finding support, starting conversations and information on advocacy.

Week 2. Physical and Mental Health

Understand common changes as we age, learn how to support good physical and mental health and the important roles professionals play.

Week 3. Staying at Home

This session will outline options for staying at home, downsizing, or other living choices. We'll explore how to support older people at home and home care options.

Week 4. Respite and Residential Aged Care

Considering an aged care facility or respite? This session will provide helpful information on short-term stays and permanent care.

Week 5. Planning for Life and End of Life

Planning ahead is key, but it can feel overwhelming. This session will break down important topics like Wills, Powers of Attorney, and Advanced Care Directives. Learn how to get the right support and make the process easier for both you and the person you care for.

Week 6. Caring for the Carer

In this session, we will explore ways you can prioritise your wellbeing, where to find support, and how to take care of yourself while caring for others.

FULLY BOOKED

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"For carers, one of the most difficult parts of providing care can be trying to put in place all the necessary services and access the right support."

"Navigating bureaucracies, institutions and organisations can add extra challenges to the responsibilities of a carer. With these modules we hope to outline what needs to be done and provide a guide to how to do it."

- Jean Kittson

 **Carer Gateway**
An Australian Government Initiative

 **care2serve**
YOU'RE ALWAYS FIRST
PART OF THE CARERS TASMANIA GROUP

Spots are limited. Please RSVP to events@care2serve.com.au or call us on 1800 422 737 (& press 1 at the menu) to join the workshops.