

# 'Caring for Older Tasmanians' Workshops



## 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 May and June 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.

### SOUTH

16, 23 and 30 May  
6, 13 and 20 June (Fridays)

10:00 am to 12:30 pm

Care2Serve Office, Moonah  
and Online

### NORTH

14, 21 and 28 May  
4, 11 and 18 June (Wednesdays)

2:00 pm to 4:30 pm

Blackstone Christian Centre,  
Blackstone Heights and Online

### NORTH WEST

13, 20 and 27 May  
3, 10 and 17 June (Tuesdays)

10:00 am to 12:30 pm

Care2Serve Office, Burnie  
and Online

### STATEWIDE

13, 20 and 27 May  
3, 10 and 17 June  
(Tuesdays)

7:00 pm to 8:30 pm

Online

### 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.

Please register your interest as spots are limited.

 1800 422 737 (& press 1 at the menu)

 [events@care2serve.com.au](mailto:events@care2serve.com.au)

 [care2serve.com.au/event-list](https://care2serve.com.au/event-list)