GUEST SPEAKER

Carers Victoria

RESPITE WITHOUT TEARS

WERRIBEE GOLD

Wyndham Park Community Centre
Thursday 28th of May
9.30—11.30

Please let your group facilitator know if you would like to attend or call 83870649 or email Kylee.brealey@tweddle.org.au

Carers Victoria —- provide advice, information and support for carers to improve their health, wellbeing, capacity, financial security and resilience.

Respite just means ‘taking a break’ and can take a variety of forms. This workshop is particularly suited to those caring for someone who is frail aged. We will discuss emotional and practical considerations when deciding to use respite, and the benefits of respite for both you and the person you care for. This may help you feel better about taking a break.

Key messages:

- Benefits of respite for both the carer and the person cared for
- Challenges and barriers to respite
- Strategies for addressing the concerns and making a respite plan

This session is open to all My Time members, family and friends. When making RSVP please let us know the number of people and children attending with you so that we can make suitable accommodations.