

CONSIDERING RESIDENTIAL CARE

Moving someone into residential care may be one of the most difficult decisions carers may ever have to make.

This program offers an opportunity to explore the decision making process and provides practical information and support to help carers at this time.

TOPICS MAY INCLUDE

- practical information (ACAS, powers of attorney, money matters)
- what helps and what hinders
- decision making
- responding to change
- knowing when the time is right
- a visit to an aged care facility

DURATION

A five day program run over four consecutive weeks with one follow up day one month later.

Each weekly session is five hours in duration.

SUITABLE FOR

Carers facing decisions about residential respite or permanent residential care.

SHARING THE CARE

When a care recipient moves into residential care, caring roles change.

This program identifies and acknowledges these changes and explores the impact they have on carers.

TOPICS MAY INCLUDE

- managing change
- loss and grief
- responding to change
- discovering new roles

DURATION

A three day program run over two consecutive weeks with a follow up day one month later.

Each weekly session is five hours in duration.

SUITABLE FOR

Carers interested in support after the person being cared for has moved to residential care.

NEW HORIZONS

Adjusting to new circumstances and life following the death of the person being cared for, may be challenging.

This program explores some of challenges to adjusting to life following the loss.

TOPICS MAY INCLUDE

- carer loss and bereavement
- understanding the grieving experience
- managing loss and grief
- picking up the threads

DURATION

A three day program run over two consecutive weeks with a follow up day one month later.

Each weekly session is five hours in duration.

SUITABLE FOR

Carers who have recently been bereaved.