

Education Services Workshop and Program Overview



Carers Victoria offers carer workshops and educational programs to help you enhance your knowledge about how to best support your own health and wellbeing, and that of the person you are caring for.

Through our Education Service you will be able to explore the impact of caring on your emotional and physical health. You will also gain practical advice on how to navigate the health and community sector.

This guide contains an overview of the different information sessions, workshops and programs available to carers and Carer Support Groups from a diverse range of situations and communities.

For more information please contact our Education and Training Team on **1800 242 636** or via email at education@carersvictoria.org.au.

What we offer:

- Information session: A one-hour session providing a brief overview of a topic
- Workshop: A two-hour session. We are happy to advise which workshops will best meet your needs.
- Program: A series of two or more sessions designed to build on and complement each other and provide in-depth information on a topic

Information Sessions

One hour in duration.

About us

This session provides information about Carers Victoria and the services we offer.

- Raises awareness of carers' issues and concerns
- Offers facts about caring and the impact on health and wellbeing.

National Disability Insurance Scheme – NDIS

This information session provides an overview of NDIS and will cover:

- What the NDIS is and how it differs from the current system
- What it means for carers and families
- Information about eligibility
- Feedback from the Victorian NDIS Trial site.

Workshops

One session, two hours in duration.

Carers get angry too

Caring can be rewarding, but at times it can be frustrating and a source of anger. Understanding and acknowledging our anger can be useful. We will discuss ways to safely express anger and consider strategies that can help you manage it more constructively.

Key messages:

- What makes carers angry?
- Understanding your anger better
- Strategies for dealing with angry feeling

Caring for yourself

Do you take better care of the person you are caring for than yourself? If the answer is yes, you will benefit from this workshop where we will explore why your health and wellbeing are important. We will discuss and share strategies to help you care for yourself.

Key messages:

- Why caring for ourselves is so important
- What stops us caring for ourselves?
- Some strategies to help us care for ourselves

Change, loss and moving forward

Changes — wanted or unwanted — are an inevitable part of caring. This session provides a safe environment to discuss some of those changes. Loss and grief is often associated with unwanted change and can impact negatively on health and wellbeing if it is not recognised or acknowledged. This workshop explores strategies that may assist in moving forward.

Key messages:

- Identify changes since starting your caring role
- Consider losses associated with caring
- Explore options for dealing with carer grief and ways to move forward

Changing relationships

Relationships don't end as a result of life changing events such as illness, brain injury, personality change or cognitive decline, but they do evolve. This workshop takes a common sense approach to how relationships continue to adapt to changing circumstances. Explore the changes and learn new strategies to help you adjust to a changed reality.

Key messages:

- Explore the concept of change
- Identify the changes in the relationship
- Consider strategies to help adapt to a changed reality

Effective communication – back to basics

We all communicate every day, but do we do it well? This fun workshop focuses on re-examining basic communication principles with a variety of people. In it we identify practical tips and strategies to help make communication more effectively in every-day life.

Key messages:

- Understand the elements of good communication
- Identify the factors that can hinder communication
- Develop tips and strategies to improve communication

Effective communication with health and other professionals

Talking with health and other professionals can sometimes be overwhelming. This workshop will provide some practical skills to help build your confidence and enable you to communicate effectively and efficiently.

Key messages:

- Identify the barriers to effective communication with professionals
- Develop some strategies to assist in overcoming communication difficulties
- Tips for ensuring your communication is effective

Effective communication – it's OK to be assertive

How often have you found yourself saying 'yes' to an outing you really didn't want to go on or helping a friend when you didn't have the time, just because you did not like to refuse?

This workshop will share ways to increase your assertive communication skills and help you to clearly state your needs and wishes in common situations. You will be able to practice your skills in a non-confronting way.

Key messages:

- What is assertiveness?
- What are the benefits of being assertive?
- Some strategies to assist you to state your needs clearly

Enduring Powers of Attorney

This introductory workshop discusses Powers of Attorney, Guardianship, and Administration orders, but does not provide legal advice. The information provided was sourced from the Office of the Public Advocate and Legal Aid Victoria.

Key messages:

- Understand the types of Powers of Attorney and who can make them
- Learn about Guardianship and Administration orders and who needs them
- Explore how to raise these issues with the family

Impact of caring

Caring has an emotional and physical impact that is often not recognised by the carer or the wider community. This workshop explores some of the effects of being a carer and some ways to manage those effects.

Key messages:

- Examine some basic strategies for managing the impact of caring
- Look at loss and grief as a key component of the carer experience
- Consider the physical and emotional effects of caring

Music and self-care

Music affects our mood, energy levels and physical health. This workshop will explore how to choose music that makes you feel good (no solo singing required!)

Key messages:

- The place of music in our lives
- How does music help?
- Choosing music that is good for body, mind and spirit

Relax and unwind – improve your wellbeing

Do you sometimes feel like your brain is spinning? Are you feeling tired and stressed?

Caring can contribute to increased tension and fatigue. This workshop will explore some simple techniques to help you relax. Incorporating some of these strategies into your daily or weekly routines can assist you to improve your sense of wellbeing.

Key messages:

- Explore how relaxation helps reduce stress and improve wellbeing
- Choose relaxation activities to suit individual needs.
- Plan for regular relaxation.

Respite without tears

Respite just means ‘taking a break’ and this can take a variety of forms. This workshop is particularly suited to those caring for an older person with care needs. 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 being cared for
- Challenges of and barriers to respite
- Strategies for addressing concerns and making a respite plan

Sleep Matters

Do you have trouble getting to sleep, staying asleep or sleeping enough? Sleep is essential for reviving your body and mind. Learn some tips for better sleep and try some techniques that may help you deal with worry and to relax at night.

Key messages:

- Explore what prevents sound sleep
- Understand sleep cycles
- Develop a plan for improving sleep

Surviving carer stress

Stress is part of everyday life and can build up over time. The stress of caring may affect you physically and emotionally. In this workshop we will explore stress and what it means for you. We will also suggest some strategies that may help you manage or reduce your stress levels.

Key messages:

- Understand stress and stressors
- Explore the individual effects stress can have
- Discuss options and strategies for managing stress

Write your cares away

Writing about your thoughts and feelings can reduce stress and contribute to positive health and wellbeing. These simple, enjoyable writing activities only last for three to five minutes at a time. Participants have the opportunity to share what they have written (if they want to) and to talk together about the topic. Spelling and grammar are unimportant. Participants can just write words, dot points or short sentences as they wish!

Key messages:

- Explore how writing can contribute to wellbeing and help relieve stress
- Discover that writing can be a lot of fun and anyone can do it
- Be inspired to begin writing to help improve your wellbeing

What is your money style? Money decisions and the caring role

There are so many ways to spend our money! Advertisers are particularly clever at getting us to part with our \$\$\$. We will explore how different people make money decisions and learn some simple ways to steer clear of money traps.

Key messages:

- Money decisions are complex
- Small actions make a difference
- Working with vision for the future

Programs

Aged Care: Carers, families and the system

Are you caring for an older friend or family member? Our practical, interactive program includes specialist guest speakers and is ideal for carers or potential carers who want to know more about the aged care system.

The program consists of 4 sessions, each of three hours duration. Participants must attend the first session to continue in the program and cannot bring the person they care for to any of the four sessions.

Session 1: The aged care environment

- Understanding Commonwealth Home Support Program (CHSP), Aged Care Assessment Service (ACAS), Consumer Directed Care (CDC), Home Care Packages.

Session 2: Information overload

- Costs of aged care
- Researching aged care services and issues

Session 3: Get organised

- Managing your paperwork and your time
- Communicating effectively with professionals and family members.

Session 4: We need to talk about ...

- Powers of Attorney and Advance Care Planning.
- Family meetings and difficult discussions

Autism Spectrum Disorder (ASD) – The carer perspective

This program is for carers of adults or children who have a diagnosis of Autism Spectrum Disorder (ASD). It gives an overview of ASD and what it means for you, your family, and the person you care for. Some strategies are discussed to help you in your caring role.

The program consists of two sessions of two hours each. Participants need to attend the first session in order to attend the second. Carers need to attend without the person they care for.

Session 1: The myths and realities of ASD.

- The good, the bad and the not so bad
- What do we know?
- What about you?

Session 2: Things that make people with ASD tick.

- What can you do?
- The big shift
- Looking after yourself

Carer Support Group Facilitator Training

A one-day comprehensive program suitable for:

- New facilitators
- Those wanting to start up a carer support group
- A refresher for current facilitators

This program will explore key theory and practice for:

- Why / how to establish a carer support group
- Planning, programming, evaluating
- Facilitating a carer support group
- Group dynamics, life cycle, conflict resolution

Dementia Program: Carers, families and the system

Are you caring for somebody with a diagnosis of dementia? To take part in our practical, interactive program, which offers clear, take home strategies for carers you need to be caring for a person who has had a medical diagnosis of dementia.

The program consists of 4 sessions, each of three hours duration. Participants must attend the first session to continue in the program and cannot bring the person they care for to any of the four sessions.

Session 1: Myths and realities

- Expose myths, explore realities
- Understand the impact on carers of some of the changes in the brain of the person with dementia.

Session 2: Behaviours of concern

- Identify some triggers for behaviours of concern
- Identify some strategies that may assist carers

Session 3: Communication techniques

- Identify and practice effective communication skills to use with the person living with dementia
- The importance of self-care for carers

Session 4: Problem solving and activities

- Tips that may assist with behaviours of concern
- Meaningful activities you can do at home with the person with dementia.

Disability Program: Carers, families and the system

Are you caring for a person with a disability? Do you want to know more about the National Disability Insurance Scheme (NDIS)? This program explores changes in the disability support system and discusses future planning with a family-centered approach.

The program consists of four sessions, each of three hours in duration. Participants must attend the first session to continue in the program and cannot bring the person they care for.

Session 1: Preparing for change

- Learn about changes in disability support
- Explore future planning with a family-centered approach.

Session 2: Adapting to change

- Explore challenges and concerns in relation to change
- Make a start on future plans that work for you and the person you care for

Session 3: Managing the change

- NDIS plan management options – what are they?
- Identify skills and build capacity to plan manage
- Enduring powers of attorney, guardianship and administration, wills and estate planning.

Session 4: Making your voice heard

- Understanding your rights and the rights of the person you care for
- Tips for communicating effectively with professionals

Mental Health: Carers, families and the system

This program of four 3-hour workshops explores the mental health system from the carer's point of view. It will help carers to take care of themselves, while providing the best support possible.

Session 1: The mental health system – the basics

- Overview of the mental health system
- Recent changes and how they affect you

Session 2: The importance of networks and managing crisis

- Networks – personal and professional
- Understanding boundaries
- Maintaining relations through crisis

Session 3: Services – what's available?

- Practical considerations
- Agreements and rights

Session 4: Self-care – what about you?

- The importance of looking after yourself when caring for others with a mental health challenge.
- Strategies to sustain care.

Stepping into your future

Are you a carer?

Do you want to enter the workforce but not sure what steps to take?

This two-part program could be just what you need to get started.

Session 1: Define and create your goals

- Starting where you are
- Managing change and moving forward
- Taking the next step

Session 2: Practical aspects of seeking employment

- Resumes and cover letters
- Interview techniques
- Job hunting strategies.