

# ARE YOU MAKING THE MOST OF THE NDIS? THREE PART PROGRAM

FREE program for carers by Carers Victoria

## Caring for a person with a disability or mental health condition who has an NDIS Plan? Due for a Plan Review soon?

This three-part program helps carers navigate, understand, and get the best outcomes from the NDIS for the person they support.

### WHO SHOULD ATTEND

The program is open to carers and families of a person with a disability or mental health condition who ALREADY has an NDIS Plan.

### SESSION 1 HOW ARE YOU MANAGING?

Carers will reflect on their NDIS journey to date, identify their main challenges, and explore how to look after themselves in their caring role

### SESSION 2 WORKING ON CHALLENGES AND BUILDING SKILLS

Explore how to manage challenges with NDIA, service providers and the person receiving support. Discuss what skills are needed for Plan Management, identify and strengthen skills.

### SESSION 3 PREPARING FOR REVIEW

Learn about reviewing and resetting goals, where to get support when things go wrong, and how to keep the plan on track.

**Please note** The program sessions are three hours in duration. Participants must attend the first session to continue in the program and cannot bring the person they care for.

### When

Session 1 Tuesday 3 March

Session 2 Tuesday 10 March

Session 3 Tuesday 17 March

**Time** 10.00am – 1.00pm

Each session three hour duration

**Where** Carers Victoria

Level 1, 37 Albert Street

Footscray

**Cost** Free

Refreshments provided

### BOOKING INFORMATION

To secure your place, visit [www.carersvic6829.eventbrite.com.au](http://www.carersvic6829.eventbrite.com.au) or for further information please phone Education Services on 1800 514 845 and quote #6829.

### CARERS VICTORIA EDUCATION SERVICES

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