

# OVER-CARING COSTS THE CARER

A FREE online workshop for carers by Carers Victoria

## When carers over-care. Do you find yourself doing more for the person you support than you would like?

Is your energy low from trying to anticipate their every need? Perhaps you have fallen into the trap of 'over-caring'.

This one hour workshop explores what the concept of over-caring means for you and the person you care for. It will give opportunity to reflect on your caring style and make changes to benefit both of you.

### WHO SHOULD ATTEND

The workshop is open to families and carers who want to understand more about their caring style.

### TOPICS INCLUDE

- What is over-caring?
- The effects of over-caring
- Strategies to manage over-caring

### BOOKING INFORMATION

To secure your place, visit [www.carersvic7984.eventbrite.com.au](http://www.carersvic7984.eventbrite.com.au) or for further information please phone Education Services on 1800 514 845 and quote #7984.

### When

Tuesday May 25 2021

**Time** 10.00am - 11.00am

Online workshop one hour duration

**Where** Online event via Zoom

Access details are sent via email after registration

**Cost** Free

### CARERS VICTORIA EDUCATION SERVICES

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