

Information Session: Services and Supports for Parents caring for a child with a disability



**This workshop will
inform you about key
services to help you in
your caring role.**

Workshops

This interactive workshop is designed for parents and can be delivered to your school community or dedicated parent support group.

The session typically runs for 45 minutes but can be tailored to meet the needs of your audience.

Presenter

Kim Repcak is a Carer Educator at Carers Victoria. She enjoys supporting carers to maximise their own health whilst performing their valuable caring role.

“I was so busy supporting my son with complex needs, I did not have time to look for support for myself. Finding out about free counselling and connecting with a local parents support group has been life changing for me.”

Parent Testimonial

Session Outline

- Facts about carer/parent wellbeing
- Why it is vital for parents to access support
- Key carer services and supports
- Accessing Carers Victoria and the Carer Gateway
- Carers benefits: Services Australia payments and Carer Cards

Register your interest

Email us your details and someone from our team can liaise via phone or email.

events@carersvictoria.org.au