

# Do you help Care for Someone?

JAN/FEB 2012

## Are You a Carer?

- Do you look after someone who is frail aged, has a disability, drug or alcohol issue or chronic illness?
- Are you a family member, partner, friend or neighbour who offers this care?
- Do you help with personal care, mobility, transport, communication or housework?

If you answered **YES** to any of these questions – have you thought about registering with EDuCARE Support Service to receive **FREE Carer Information?**

Learn more about accessing carer services, caring for yourself, practical skills, legal issues & meet other people in similar caring situations.

**For more Information**  
**Phone: 1300 887 776 or**  
**49 214895**

**or please fill in Form**  
**overleaf & send/fax to us**



EDuCARE Support Service present information workshops and events throughout the year at various locations in the Newcastle, Lake Macquarie, Port Stephens, Upper and Lower Hunter areas. For further information on upcoming workshops, lookout for our updated newsletters or phone the number above.

**BOOKINGS ESSENTIAL FOR ALL EVENTS. PLEASE CONTACT EDuCARE ON: 1300 887776 OR 4921 4895**

## **UPCOMING Carer & Family Information Sessions**

Carers/Families are invited to attend our Free EDuCARE Information Sessions that run one day for 3 weeks.

Our next sessions Commence:

**HAMILTON:** Hunter Resource Centre, 2 Percy Street, Hamilton  
**TIME:** 9.30am – 2.00pm  
**WHEN:** Tuesdays  
7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> February

**MAITLAND:** East Maitland Bowling Club, Bank Street, East Maitland  
**TIME:** 9.30am – 2.00pm  
**WHEN:** Tuesdays  
20<sup>th</sup>, 27<sup>th</sup> March & 3<sup>rd</sup> April

The information sessions are **FREE** with morning tea & light lunch supplied.

### Topics covered include:

- ▶ Practical Skills for Carers
- ▶ Accessing Community Services
- ▶ Stress Management
- ▶ Financial Information - Centrelink
- ▶ Legal Issues
- ▶ Resource kit & more
- ▶ A Great opportunity to meet other people in similar caring situations



## DO YOU KNOW A YOUNG CARER?

EDuCARE provides practical support for Young Carers aged 8-18 years in the form of:

- Young Carer Camps, Workshops, Family Days & more
- Resource material & information to access relevant community services

Contact us to Register in our Young Carer Program!



## **CARER CONNECTIONS**

Take the opportunity to re-connect with other Carers, enjoy friendship & support, take time out just for you.

**WHEN:** Wednesday 7<sup>th</sup> March  
**WHERE:** Cardiff RSL  
45 Macquarie Road, Cardiff  
**TIME:** 6.00pm – 8.00pm

**The topic will be:**  
**"Legal Issues for Carers"**

**This is a FREE information session**



## **Are you concerned about falling?**

**Stepping On – Falls Prevention Program** is a **Free** 7 week program at a location near you. It is aimed at building knowledge, strength & confidence & reducing the risk of falls.

Commencing:  
**Newcastle CHC:** 1.00pm - 3.00pm from 30/1/2012 - 12/3/2011.  
**Nelson Bay CHC:** 1.00pm - 3.00pm from 1/2/2012 - 14/3/2012.  
**Raymond Terrace:** 12.30pm - 2.30pm from 3/2/2012 - 16/3/2012.  
**To Register PHONE: 4016 4685 or 4925 7990**

# CARER REFERRAL FORM

DATE:

Please use this form to register your details with EDuCARE

## THE BASICS:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Email Address: \_\_\_\_\_

Phone No: \_\_\_\_\_ Mobile: \_\_\_\_\_ Who do you care for? \_\_\_\_\_ Age: \_\_\_\_\_

Are there Young carers in your family?  No  Yes - Name: \_\_\_\_\_ Age: \_\_\_\_\_

Who/which service did you receive this form from? \_\_\_\_\_

## STATISTICAL INFORMATION:

*This information is collected for EDuCARE for statistical purposes only and the data is used to help us plan our service*

1. Is English your first language?  Yes  No – please let us know what is your first language

2. Are you of Aboriginal / Torres Strait Islander descent?  No  Yes -  
 Aboriginal  
 Torres Strait  
 Aboriginal / Torres Strait

3. Approximately what year did you commence caring? \_\_\_\_\_

4. Are you working in addition to your caring role?  No  Yes -  Full time  Part time  Casual

5. Are you from a Culturally and Linguistically Diverse background?  No  Yes – please specify: \_\_\_\_\_

6. What is the condition of the person you care for?

<input type="checkbox"/> Arthritis	<input type="checkbox"/> Hearing Impairment	<input type="checkbox"/> Osteoporosis
<input type="checkbox"/> Autism/Aspergers	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Parkinson's Disease
<input type="checkbox"/> Blood Disease	<input type="checkbox"/> HIV / Aids	<input type="checkbox"/> Physical Disability
<input type="checkbox"/> Brain Injury	<input type="checkbox"/> Incontinence	<input type="checkbox"/> Respiratory Disease (asthma, emphysema)
<input type="checkbox"/> Dementia	<input type="checkbox"/> Intellectual Disability	<input type="checkbox"/> Sight Impairment
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Kidney Disorders	<input type="checkbox"/> Stroke
<input type="checkbox"/> Digestive Disease (ulcer, hernia, liver, pancreatitis)	<input type="checkbox"/> Mental Illness	<input type="checkbox"/> Other (please specify)
<input type="checkbox"/> Down syndrome	<input type="checkbox"/> Neoplasms (tumours, cancer)	
<input type="checkbox"/> Drug & Alcohol related disorder		
<input type="checkbox"/> Fracture	<input type="checkbox"/> Nervous system disorders (motor neurone, MS, muscular dystrophy, cerebral palsy)	
<input type="checkbox"/> Frail Aged		

Please send completed form to:  
**EDuCARE Support Service**  
1<sup>st</sup> Floor, West Wing, Rankin Park Centre  
Lookout Road, New Lambton Heights NSW 2305  
Or Fax to: (02) 4985 5702

Or Email to: [Educare-Admin@hnehealth.nsw.gov.au](mailto:Educare-Admin@hnehealth.nsw.gov.au) Ph: (02) 4921 4895

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