



*Connecting carers to education and resources*



## OUR SERVICE ALSO PROVIDES:

- Staff education
- Consultancy to staff and other service providers
- The opportunity for networking and partnerships to achieve positive outcomes for carers
- Culturally sensitive carer support
- A range of health promotion strategies
- Practical support & information to Young Carers (8-18 years)

### Active Over 50

EDuCARE also co-ordinates the Active Over 50 program which is an exercise and falls injury prevention strategy offering appropriate exercise programs and activities to seniors throughout the Hunter.

HUNTER NEW ENGLAND  
NSW HEALTH



*Improving health and wellbeing of carers*



*Connecting carers to education and resources*



*A caring team*

# 1300 887 776 4921 4895

Visit our Website:  
[http://www.hnehealth.nsw.gov.au/educare\\_support\\_service](http://www.hnehealth.nsw.gov.au/educare_support_service)

# HUNTER EDUCARE

Support Service



# ARE YOU A CARER?



There are one in five households in Australia providing support to a family member or friend.

Carers can be parents, partners, young people, friends or neighbours who provide practical and/or emotional support to a child or adult who has:

- A chronic medical condition
- A disability
- A drug and/or alcohol related condition
- Mental health related issues
- Or someone who is frail aged

Carers are unpaid but may receive a benefit and do not necessarily have to live with the person for whom they care.

In many cases carers themselves will need care and support.



*Linking carers with support networks*



# HOW CAN EDuCARE HELP YOU?

EDuCARE Support Service is a unit of HNE Health and provides practical support and education to carers. EDuCARE also provides:

- The opportunity to network and meet other carers.
- Access to free carer resource material
- Information on how to access relevant services within the hospital system and community at large
- Information sessions and one-day workshops throughout the year. Topics covered are based on carer feedback and include: Stress Management, Practical Caring Skills, Legal, Financial and Advocacy information and linkage to specialty medical teams.



Assistance with respite care can be provided where available. Information sessions are provided free of charge however a minimal fee is charged for one day workshops.

**If you are unsure whether you qualify as a carer then ask yourself:**

- 1 Do you look after someone with a disability, a chronic illness or someone who is frail aged?
- 2 Are you a family member, partner, friend or a neighbour that offers this care?
- 3 Do you help them with personal care, mobility, transport, communication or their housework?

**If you answered YES to any of these questions – YOU ARE A CARER.**

