

OUR SERVICE

Our education service offers you and the family practical hands on techniques as well as coping skills, stress management; legal issues community resources and information about medical conditions.

EDuCARE also offers carers:

- Respite care so you can attend sessions knowing that your loved one is being professionally supervised.
- Link you and your family with other support networks.
- Evening sessions so that working family members can attend.
- Practical educational materials that are in a carer friendly format, loaded with practical hints and suggestions.

Active Over 50

Educare also co-ordinates the Active Over 50 program. A falls injury – prevention strategy offering gentle exercise to seniors throughout the Hunter.



1300 887 776
4921 4895

HUNTER EDUCARE
Support Service

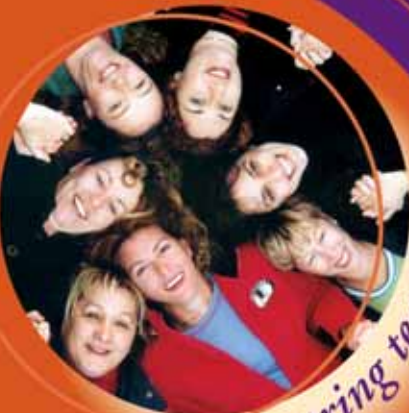
Connecting carers to education and resources



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Improving health and wellbeing of carers



A caring team

