

# 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

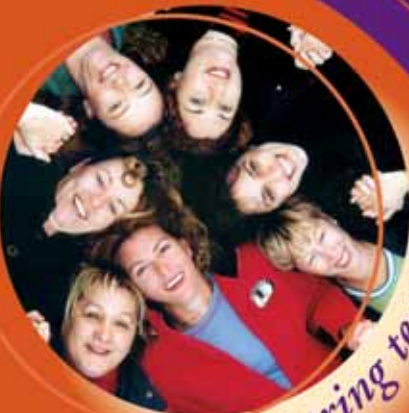
*Connecting carers to education and resources*



*Connecting carers to education and resources*



*Improving health and wellbeing of carers*



*A caring team*

HUNTER **EDUCARE**  
Support Service

## WHO ARE WE?



The EDuCARE Support Service consists of a team of health professionals who provide educational support to carers; provide support & advice to Hunter Health and other service providers who provide a service for carers.

### EDuCARE also provides:

- Staff training
- Consultation to staff & service providers
- Program development about carer issues at Area Health Service level
- Work with non-Government organisations to promote and support carer initiatives.

We aim to promote health, foster independent living skills and ensure equity and access of services for all carers.

Our service is non-profit based and is offered free of charge to carers and their families. Respite is also available.



## WHY EDuCARE?

We don't expect our family members to get sick, be injured or be disabled, needing care and support.

People who provide these supports are called carers. All carers will need support at some time due to the demanding nature of the role.



Currently in the Hunter there are approximately 300,000 carers. Of these 90,000 are primary carers. Carers are unpaid but save the NSW economy \$15.4 million dollars annually.

*Linking carers with support networks*



## ARE YOU A CARER?

Carers are people who look after the needs of family or friends who are frail aged, have a disability or chronic illness.

In many cases carers themselves will need care and support.



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

- 1 Do you look after someone with a disability, is frail aged or with a chronic illness?
- 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 all these questions – YOU ARE A CARER.**

