

# Caring 'til the end - a Carer perspective



Join us for these free two-part online workshops via Zoom from the comfort of your own home

**Session 1** focusses on the carer experience: the emotions, issues to consider and where to find support

**Session 2** gently explores what happens during the process of dying with an emphasis on how carers can look after themselves during this time.

Part 1 needs to be completed prior to commencing part 2.

## Session 1: The carer journey

Key messages:

- Key message 1: One illness, two journeys
- Key message 2: Family and friends
- Key message 3: Questions to think about

## Session 2: Understanding death and dying

Key messages:

- Key message 1: Death: a hidden experience.
- Key message 2: What you can expect as someone dies.
- Key message 3: Looking after yourself during the end of life stage.

## Session dates and times:

February 2023

Session 1: Tues 21<sup>st</sup> Feb 10am-12noon

Session 2: Tues 28<sup>th</sup> Feb 10am-12noon

May 2023

Session 1: Monday 8<sup>th</sup> May 1pm-3pm

Session 2: Monday 15<sup>th</sup> May 1pm-3pm

June 2023

Session 1: Tuesday 13<sup>th</sup> June 10am-12noon

Session 2: Tuesday 20<sup>th</sup> June 10am-12noon



Register via <https://www.calvarycare.org.au/public-hospital-bethlehem/events/caring-til-the-end/> or telephone us on 9834 9321.

# Caring 'til the end: a carer perspective (online)

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To get the most out of the session, we encourage the following:

## Computer set up

Please use a computer or large screen tablet. We will be sharing PowerPoint slides, so you will want a screen big enough to see them.

Set up your computer or device in a quiet room away from the person you are supporting. We want all participants to be able to speak freely and openly about their experience. We encourage the use of headphones for more privacy and better audio.

We request that you leave your camera on during the session. This allows for greater connection between group members and a more enjoyable experience for everyone.

## Make a comfortable space just for you

Please set the time aside completely for you. This means letting the person you are caring for know that you will be unavailable to them during the session. If you don't feel comfortable leaving your person unattended, we invite you to arrange another family member or friend to be with your person during this time. If you don't have anyone available, we will try to arrange a volunteer or support worker to be with your person during this time. Please contact at least one week prior to the session on (03) 9834 9321 to arrange. Please be aware that we cannot guarantee a support person but we will do our very best.

## Support after the session

Carer's Victoria <https://www.carersvictoria.org.au/>

Calvary Health Care Bethlehem Support for Pallcarers Program Ph. (03) 9834 9321

Carer Help <https://www.carerhelp.com.au/>

Gather My Crew <https://www.gathermycrew.org.au/>

My Collaborative Care Plan [https://www.latrobe.edu.au/data/assets/pdf\\_file/0006/890691/La-Trobe-HELP-My-Collaborative-Care-Plan.pdf](https://www.latrobe.edu.au/data/assets/pdf_file/0006/890691/La-Trobe-HELP-My-Collaborative-Care-Plan.pdf)

Carer Gateway Ph. 1800422737 <https://www.carergateway.gov.au/>