



FREECALL 1800 052 222

“PLANNING FOR THE FUTURE” Geelong Region 2011

A series of six workshops for family carers (over 55 years) caring for a son, daughter or grandchild with a disability or mental health condition.

- Looking After Your Own Health and Wellbeing
- Wills, Guardianship, Power of Attorney - Legal Concerns
- Finances and You - Preparing for the Future
- Centrelink Payments
- Taking a break - for family members - Respite
- Communicating with Health Professionals in hospital
- Respite Accommodation and Future Accommodation Possibilities
- Meeting and chatting with a small group of other family carers
- Preparation of a Care Plan for son, daughter or grandchild

**Tuesdays 25th Oct, 8th, 15th, 22nd, 29th Nov and 6th
Dec 2011 (not Melb Cup Tues 1st Nov)
At Geelong Conference Centre—Eastern Gardens**

**Sessions 10am to 1pm
Transport (taxi vouchers) and respite care for the person you
care for, if required.
Morning tea included.**

**Please call Cathy Hickey on Freecall 1800 052 222* at
Barwon Health Carer Respite and Carelink Services
if you wish to attend.**

*Calls from mobiles are charged at applicable rates