



# Carer Support Group

## A support group for carers of residential aged care residents

If someone significant in your life gets to a point where it is necessary for them to move into residential aged care, this change may not be easy for all concerned.

Sometimes this change can create a sense of isolation, emotional strain, and worry for families and significant others. Meanwhile, all other life responsibilities continue.

The Swinburne Wellbeing Clinic for Older Adults offers a support group program for family members and significant others of aged care residents.

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**Web:** [swinburne.edu.au/research/centres-groups-clinics/wellbeing-clinic/](http://swinburne.edu.au/research/centres-groups-clinics/wellbeing-clinic/)

The group program provides participants the opportunity to meet with others in a similar situation, to exchange ideas, to learn about dementia, depression, and anxiety, and to share ways of living with the experience of being a carer.

### Program Details

The group program is online and consists of **6 x 90-minute weekly meetings on Thursday evenings**. Participants will have an initial one-on-one online meet and greet with the facilitator before the program begins. Access and capacity to use the internet and a computer/tablet is required to join this program.

**Cost:** Free

**Dates:** Thurs 15th May - Thurs 19th June

**Time:** 6pm - 7.30pm (Melbourne/Sydney time)

The program is facilitated by Senior Social Worker Jo Wood and is funded by the Helen McPherson Smith Trust and Arcare Family Foundation.

To participate in this program, or to find out more about this program, please email

[wellbeingclinic\\_agedcare@swin.edu.au](mailto:wellbeingclinic_agedcare@swin.edu.au) or call

(03) 9214 3371.