

## SERVICES

- Telephone & face to face Carer Support
- Project Carer Connect
- *Carers Corner* quarterly newsletter
- Advocacy
- Information & referral to other services within the community
- Carer resource library
- Courses, education and recreation programs for carers
- Assistance with respite care and transport to attend SSCSS courses
- Carer Counselling

## HELP IN A CRISIS

South East Sydney Commonwealth Carer Respite & Carelink Centre :  
Free Call 1800 052 222 (24 hrs)

## WE WANT YOUR FEEDBACK

If you are dissatisfied with this service we would like to hear from you. First discuss your concerns with the Carer Support Worker or the Carer Support Service Manager. If a satisfactory resolution is not found then contact the Chairperson of Sutherland Shire Carer Support Service Inc. (SSCSS) in writing. **SSCSS Manager email: [tracy@sscsc.org.au](mailto:tracy@sscsc.org.au)**

If a resolution is still not found please feel free to call the NSW Ombudsman on 9286 1000.



# CSS

Phone: 9542 6292

Fax: 9542 6291

Address: Stapleton Avenue Community Centre  
3A Stapleton Ave  
Sutherland NSW 2232

Email: [office@sscsc.org.au](mailto:office@sscsc.org.au)

Website: [www.sscsc.org.au](http://www.sscsc.org.au)



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Telephone Interpreting Service 131450

CSS is funded through the Community Care Support Program (CCSP) by Ageing Disability and Home Care, Department of Family and Community Services and through the Commonwealth Home Support Program (CHSP) Department of Health.



Sharing the carer journey



**CSS** aims to improve the quality of life of unpaid carers by supporting them in their role in caring for a relative or friend who is frail or has a disability.

## WHO IS A CARER?

A carer is someone who looks after a relative or friend who has a disability, chronic illness or is frail and older.

## SUPPORT GROUPS

These are groups of carers who meet regularly to discuss their caring situations, have some 'time out' and exchange tips & information about caring. The benefits of attending a group :

- Being with others who understand the pressures of caring & emotional support
- New friends & overcoming isolation
- Information about services & help available from speakers on a range of topics.

## DEMENTIA SUPPORT GROUP

Meets 3rd Tuesday of each month  
10am-12noon

Dementia is characterised by confusion, memory loss, behavioural & functional changes in people caused by the deterioration in several areas of the brain. This group is sponsored by Home Instead Senior Care. For further information about the Dementia Support Group  
Email: [leonie@sscsc.org.au](mailto:leonie@sscsc.org.au)

## CARER SOCIAL SUPPORT GROUP

This is a general group for carers in any caring situation. This group has ongoing programs including: Walking group, Book Club, art as mindfulness sessions, TAFE carer courses, older male carer group, movie club & social/information events. (Note: not all groups will run at the same time)  
Email: [leonie@sscsc.org.au](mailto:leonie@sscsc.org.au)

## SUPPORT GROUPS FOR CARERS OF CHINESE OR GREEK BACKGROUNDS

These groups provide information about assistance & support available to carers & the people they care for, specific to Chinese, Greek & Spanish cultural backgrounds, educational presentations by guest speakers, workshops and discussions about issues relevant to carers

For Carers of Chinese background  
Meets every 2nd Thurs and 4th Tues  
Email: [nora@sscsc.org.au](mailto:nora@sscsc.org.au)

For Carers of Greek background  
Meets 3rd Thursday of the month  
Email: [irene@sscsc.org.au](mailto:irene@sscsc.org.au)

For Carers of Spanish background  
Email: [leonie@sscsc.org.au](mailto:leonie@sscsc.org.au)



## PROJECT CARER CONNECT

A telephone support program for carers of people with Dementia who may be socially isolated. Provides the opportunity to talk freely to a trained professional over a period of time about the impact of their caring role. For further information or to obtain a referral form: Email: [raine@sscsc.org.au](mailto:raine@sscsc.org.au)

## CARERS & CONSUMERS FORUM

Meets 4th Tuesday of February, May, August & November : 10:30am-2pm  
A quarterly gathering of people with a disability, frail older people and/or family & friends who care for them. Information is available about supports that assist people to live safely & independently in their own homes. Guest speakers address a range of issues. Lunch is provided.  
Email: [leonie@sscsc.org.au](mailto:leonie@sscsc.org.au)

## FORMER CARER SUPPORT GROUP

Meets 2nd Monday of every month  
10am-12noon  
A support group for people whose caring role with a family member or friend has ended, usually due to the death of the person they were supporting. Becoming a former carer is one of the major transitions in the caring journey and a support group can help people cope with grief & loss, resuming other activities & adjusting to life after caring  
Email: [leonie@sscsc.org.au](mailto:leonie@sscsc.org.au)

## CARER RESILIENCE GROUP

Mindfulness and resilience are valuable skills for every carer. Learn how to manage stress and look after yourself while looking after others. This monthly group will run in both Sutherland and Kogarah and is sponsored by Westpac.  
Email: [raine@sscsc.org.au](mailto:raine@sscsc.org.au)