

What the Support Group for Carers of Greek background offers:

- *Information about assistance and support available to carers and the people they care for specific to the Greek cultural background*
- *Community support within a friendly and relaxed environment*
- *Educational presentations by guest speakers (including Greek speaking), workshops and discussion about issues relevant to carers from a Greek cultural background*



**WE WANT YOUR
FEEDBACK**

If you are dissatisfied with any aspect of this service, we need to hear from you. You should first discuss your concerns with the Carer Support Worker or Carer Support project manager but if a satisfactory resolution is not found, then contact the Chairperson of Sutherland Shire Community Care Network (SSCCN) or write to the management committee. If you are still dissatisfied, you can contact the NSW Ombudsman.

Phone: 9545-6599

Fax: 9542 6291

Email: maryantoniou@ssccn.org.au

*Stapleton Avenue
Community Centre
3a Stapleton Ave
Sutherland*

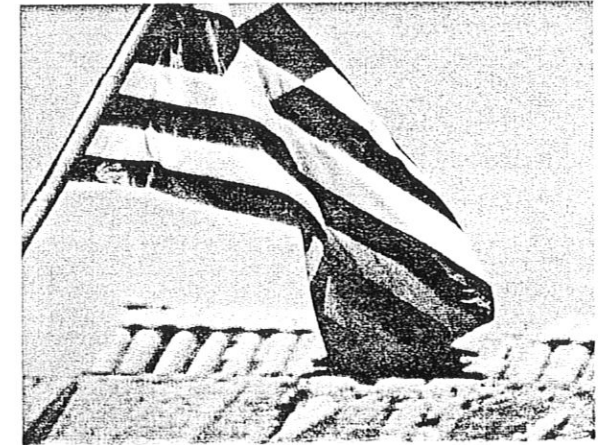
Website: www.sccn.org.au

*Telephone Interpreting Service
131 450*

Sutherland Shire Support Group for Carers of Greek Background is auspiced by Sutherland Shire Community Care Network and funded through the Department of Aging Disability and Home Care

**SUPPORT GROUP
FOR CARERS OF
GREEK
BACKGROUND**

**SUTHERLAND
SHIRE
CARER
SUPPORT
PROJECT**



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Support Group for Carers of Greek background

Who is a Carer?

A carer is someone who looks after a relative or friend who has a disability, a chronic illness or is frail and older. A carer may be the partner, parent, child, sister, brother or friend of the person he or she cares for.

Many carers live with the person they care for, others live elsewhere. The time they spend providing care may vary from a few hours each week to all day every day.

Carers are not paid for the care they provide, although some may receive income support or assistance through Centerlink.



What are “Support Groups”

These are groups of carers who meet regularly to discuss their caring situations, have some ‘time out’ from caring and exchange tips and information about caring.

The benefits of attending a support group include:

- Being with others who understand the pressures of caring*
- Getting emotional support*
- Making friends and overcoming isolation*
- Information sessions and workshops on the caring role and services available*
- Referral to services and support networks*

Educational presentations by guest speakers and workshops cover issues like:

- Understanding the causes of stress and ways of relaxation*
- Dementia awareness*
- Taking care of your back*
- Community aged care packages and services*
- Assertiveness training*
- Coping with incontinence*

