

Tweed Valley Respite Service Inc (TVRS) has operated as a community based organisation in the Tweed Shire since 1987. TVRS delivers a broad range of services to people with disabilities, people experiencing dementia and carers of both groups.

For Carers

- ◇ Life Connections Program
- ◇ One to One support
- ◇ Carer support groups
- ◇ Pampering and self care groups
- ◇ Regional Care For You Holiday Respite Program
- ◇ Regional Flexible Respite Options Program

How to Find Out More

TVRS focuses on a holistic approach to service provision taking into account the needs of carers and the person

receiving care and support.

Your enquiries are most welcome and can be directed in the first instance to

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Team Leader

Carer Support Services

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*Commonwealth Carer Respite
Centre*
1800 059 059

*Disability and Aged Information
Service*
1800 800 340

Advocacy contact
1800 657 961

*NSW Commonwealth Carer
Resource Centre*
1800 242 636

***Tweed Valley Respite
Service Inc.***

Life Connections

A PROGRAM FOR CARERS

**A creative, educational &
support program for
carers of people with a
disability or dementia**



This initiative is funded by NSW Health
under the NSW Carers Program



Life Connections

CARING FOR THE CARER

TVRS recognises a carer's need to have access to information, support and strategies to assist in the caring role. Along with practical information there is the need to remind carers of their most important role of all, **"Caring for the Carer"**

TVRS acknowledges the enormous responsibility that is placed on carers and with this in mind, has developed an innovative carer support program called: **LIFE CONNECTIONS**

Life Connections is designed to support carers across the many aspect of their caring life.

The main 3 components are

- **CONNECT U**
- **CONNECT CREATIVELY**
- **PHONE CONNECT**

CONNECT U

This program aims to provide support, information, referral and education for carers of people with disabilities, the frail aged and people with dementia. It is an education program providing specific strategies and information about disabilities and dementia as well as topics such as stress management and life planning.

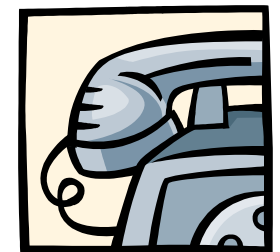
Connect U is available to people living within the Tweed Shire and is delivered via monthly Focus and Support Groups as well as specific training modules. You will find this program informative and also an opportunity to network with other carers.

CONNECT CREATIVELY

This program offers a range of courses throughout the year to enhance health and well being to Carers within the Tweed Region. Some examples are Yoga and Meditation, Aqua aerobics, social golf, creative arts, career planning and Development, intro to computers and courses developed in consultation with carers.

PHONE CONNECT

This is a telegroup counselling Program which offers support to Carers who are geographically or Socially isolated. The 8 week telephone program is conducted for one hour a week in the safety and comfort of your own home. Carers are connected by telephone with trained facilitators to provide support for each other in their caring roles. This program is available to carers within the Far North Coast region of NSW and aims to have carers feel less isolated in their roles as carers, develop an awareness of their own needs and feelings and to take action to better care for themselves.



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