

TVRS support for carers includes..

• Life Connections Program

- ◇ Connect U
- ◇ Connect Creatively
- ◇ Phone Connect

• One to One Support

• Carers Support and Focus Groups

• Pampering and Self Care Events

• Regional **Care For You** Holiday Respite Program

• Regional Flexible Respite Options Program

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Centre*
1800 059 059

*Disability and Aged
Information Service*
1800 800 340

Advocacy contact
1800 657 961

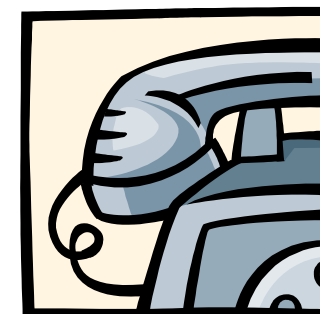
*NSW Commonwealth Carer
Resource Centre*
1800 242 636

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

Life Connections

PHONE CONNECT PROGRAM

**Discuss Caring
Issues with other
Carers via Telephone
in your own home**



TVRS Inc. is a non-profit organisation
providing respite options since 1987

Life Connections – PHONE CONNECT

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. One of these components is
Phone Connect

PHONE CONNECT

This is a telegroup counselling program which offers support to carers who are geographically or socially isolated.

The program is available to Carers in the Far North Coast Region of NSW.

The program is conducted for one hour a week over seven/eight weeks. Carers are connected by telephone with trained facilitators to provide support for each other in their caring roles.



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

PROGRAM OUTLINE

1. Introduction
2. Who we are
3. Understanding Caring/ Dementia (If applicable)
4. Understanding our needs
5. Accepting our feelings
6. Caring for ourselves
7. Sharing the caring and using services
8. Saying goodbye to the group

AIMS of PHONE CONNECT

Overall the program is aimed for carers to:

- ♦ Feel less isolated in their role as carers
- ♦ Develop an awareness of their own needs and feelings
- ♦ Take action to better care for their own needs
- ♦ Harness support from family members and local services