

National Relay Service for deaf,
hearing and speech impaired:
Phone: 1800 052 222

Speech to Speech Relay:
Phone: 1800 555 660

Translating and interpreting:
Phone: 131 450

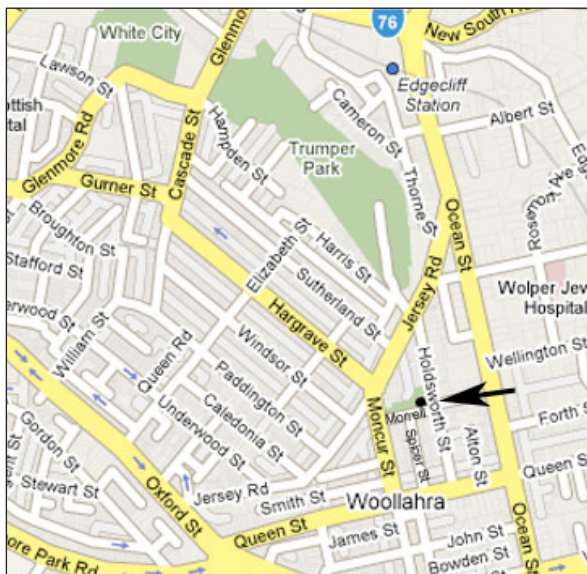
For further information contact
Holdsworth Community Centre
& Services

Phone: 02 9302 3600

email: info@holdsworth.org.au

Holdsworth welcomes enquiries about
supporting our work through donations or
volunteering.

Supported by:

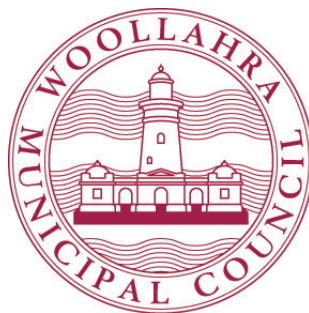


Holdsworth Community Centre
64 Holdsworth Street,
Woollahra NSW 2025
Ph: 02 9302 3600
www.holdsworth.org.au



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Programs for Carers



What we offer

Information, support, advocacy and counselling for people who care for or live with a person who is frail, aged or has a disability.

Your own needs often get put aside when, as a Carer, you take on the enormous responsibility of looking after someone you love.

There are services within the community that are designed to support the invaluable work you do as a Carer.

“More than 80% of carers show caring has damaged their mental, physical and emotional health.”
(Royal College of General Practitioners – UK)

Why is it important to look after your needs as a carer?

- Carers who are supported have better health than carers who have limited or no support.
- Your quality of life is just as important as the person you care for
- The person you care for needs you to stay well.

The Carer Service at Holdsworth is a free service aimed at assisting you in the essential work you do as a Carer.

We can:

- Identify and connect you to resources and services designed to assist you in your caring role
- Link you with other carers who are dealing with the same/similar issues through our carer groups
- Identify financial subsidies for which you are eligible
- Link you with self care opportunities – i.e. yoga, meditation, pampering packages
- Refer you to respite services
- Provide training, education and information sessions
- Advocate on your behalf
- Offer counselling support
- Include you as part of our e-mail group of carers receiving all the latest information
- Invite you to special events for Carers – i.e. Carers Week

By looking after yourself, you and the person you care for will also benefit from better health and wellbeing.

Support Groups

Support groups are an opportunity to meet people providing care in a similar situation to yourself. It is a chance to relax, laugh, create a support network, learn more about yourself and the person you care for whilst tapping into services, resources and information specific to your needs.

Groups are facilitated by Holdsworth Community Centre & Services and are held regularly throughout the year – the groups are peer run – this is *your* group!

We hold a mix of informal support, guest speakers, training and educational groups. They may also be a link to an email network, discounted entertainment or outings. We aim to link you to carer groups that match your needs as a Carer.

Holdsworth welcomes diversity and does not discriminate against anyone on any grounds.

These free services are open to Carers within the 5 LGAs (Woollahra, Sydney, Waverley, Randwick and Botany)

