Malvern Carer Support Group

Are you caring for an older person? Do you need support in your caring role? Would you like to meet other carers in a similar situation?

What is the Malvern Carer Support Group?

Caulfield Community Health Service holds a monthly carer support group, facilitated by a Social Worker who is experienced in supporting carers, and providing counselling. This group provides a safe confidential space for carers to share experiences and to receive emotional support and information relevant to their caring role.

What can you expect to learn?

The session typically begins with a welcome and introductions and then a check in with the members of the group. There are many common carer challenges, which may be discussed in the group and these include:

- Dealing with strong emotions such as anger, frustration, guilt and sadness
- The relentless nature of caring
- Dealing with behaviours associated with dementia and physical frailty
- Knowing how to respond when family relationships change
- Navigating the aged care system and planning ahead
- Arranging respite when there is resistance from the person being cared for

The aim of the group is to build the resilience of carers through focusing on self-care and mindfulness, developing skills in caring for others, and being informed about upcoming information events. The group size is 5 – 8 people.

When: 1st Wednesday of the month, 1.30pm – 3.30pm
Afternoon tea supplied.

Where: Upstairs Meeting Room (Lift available)
St. Georges Anglican Church Hall (adjacent to the church)
296 Glenferrie Road, Malvern

Cost: No charge