

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?



Caulfield Community Health Service holds a monthly carer support group, facilitated by a Social Worker. The Social Worker 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.

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.

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

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

Transport: Close to Glenferrie Road and High Street tram stops.

Parking: Available in church car park (entry off Glenferrie Road).

Group size: 5 – 8 people

For all enquiries and bookings please contact Sue Bottomley 9076 6666.