

# 2012 Carers Course

25th February

## Are you providing care for someone with a serious illness?

Would you like to know more about:

- Effective Communication with family, friends and medical personal
- Managing Medication
- Managing Pain
- Managing Symptoms
- Practical Aspects
- Good Nutrition
- Exercise
- Self Care
- Complementary therapies—what are they and how can they help?

Then register your interest for this informal workshop; which will give you information and practical skills to help you give the best

**Bookings are essential!**  
(limited places)



### When:

Saturday  
25th February 2012

### Where:

SolarisCare Cancer  
Support Centre  
E block, Ground Floor  
Sir Charles Gairdner  
Hospital

### Time:

10 am— 4pm

### Cost:

There is no charge, but  
donations are welcome

*Lunch, refreshments and  
handouts provided*

Please book your place  
at  
**SolarisCare Reception**  
E block,  
Sir Charles Gairdner Hospital  
or phone **9346 7630**

## A COURSE FOR CARERS

Many people in the community have a major role as the Carer of a relative or friend with a serious illness or disability. The role of Carer can be a demanding one. The Carer can be required to develop new skills, can be faced with complex new information, and can feel unprepared and isolated.

Help for Carers is now available. A new course has been developed by a multi-disciplinary team of health professionals from across Australia. Trained facilitators give information and practical skills in a supportive group environment where the sharing of experiences and strategies is encouraged. The main goal is to improve the quality of life for both people in the caring relationship.

The Carers Course is made up of nine modules and is conducted over one day.

The modules are:

- Effective Communication – improving communication with health professionals and family members
- Managing Medicines – understanding common medications, their use, possible side-effects and medication safety.
- Managing Pain – how to describe, measure, and manage pain through medication and alternative methods.
- Managing Symptoms - helping to reduce common symptoms such as nausea and constipation.
- Practical Aspects - practical tips for everyday physical needs
- Good Nutrition – the importance of good nutrition for everyone.
- Exercise – the importance of appropriate exercise
- Self Care – Throughout the course there is emphasis on self-care for Carers.
- Complementary Therapies – what are they and how can they help.

*Feedback from past participants:*

*"A very informative and relaxing day"*

*"A great group course – thank you"*

*"All the topics were relevant to my situation"*

*"The casual group environment encouraged sharing"*

## PROFILE OF CARERS COURSE PRESENTERS

### **Joan Hutchings**

Joan is a Nurse Manager with over 30 years of experience with a background in palliative care, general medicine & oncology. Joan currently works with Radiation Oncology at Sir Charles Gairdner Hospital.

Joan brings her practical experience to the carers' course discussing hands on care, managing medication and pain and helping carers find the necessary resources in the health care system.

### **Jill Lawson**

Jill is a Registered Counselling Psychologist who has had over thirty years experience working in the fields of psychology and education. She is now virtually retired, but has worked as a voluntary counsellor at the SolarisCare cancer support centre for the last two years. Her tertiary degrees include a Bachelor of Education and a Master of Psychology (1994).

Her service to her profession has been recognised by her Fellowship of the Australian Psychological Society. Jill has a great deal of experience in facilitating groups in a wide variety of settings, including as participants children, teenagers, students and adults. She has designed and taught Units in group work at two Universities. Jill is married, with four adult children and six grandchildren.

### **Patricia Williams**

Patricia Williams is a Registered Nurse currently at Royal Perth Hospital in the Burns Unit, Renal and Acute Medical Wards. Patricia's background has been in the healing industry for more than 30 years. She is also a qualified Yoga teacher specialising in teaching meditation.

She has been a volunteer therapist at SolarisCare SCGH and Murdoch hospice since February 2002 and more recently SJOG Subiaco. She has presided on many committees including the research committee and the advisory committee at SCGH and Murdoch Hospice. In March 2009 she became a member of the Complementary and Integrative Therapy Working Group CITWG and a Director for Solariscare.

Patricia brings a broad knowledge base of orthodox and complementary therapy to SolarisCare and wishes to empower the patients and carers to achieve optimum health through information and the use of integrative medicine in a safe and nurturing environment