

NDIS Information Course for carers of people with mental health issues

Do you support a person with a psychosocial disability? Do you need to know more about the NDIS?

If you are a carer living in the Port Phillip, Glen Eira, Stonnington, Bayside or Kingston areas supporting a person with a psychosocial disability, you are invited to participate in a FREE course organised by the Inner South Bayside Mental Health Network.

The course will be presented by Carers Victoria and hosted by Alfred Health Carer Services. The course consists of four (weekly) three-hour sessions to help you prepare for the NDIS which will be available in our region from April 2018.

The course is specifically for carers who must attend the first session to continue in the remainder of the course.

Session 1: Understand the NDIS

Gain an understanding of the NDIS, including eligibility, and the necessary steps to engage in the scheme.

Session 2: What's involved in an NDIS Plan?

Explore pre-planning and build on your knowledge and skills to manage a plan with a person-centred approach.

Session 3: Engage effectively with the NDIS

Identify useful supports for you and the person you care for to enable you to engage in the NDIS and make the plan work for you.

Session 4: Make your voice heard

Learn about your rights, the rights of the person you care for, ways to advocate, and strategies to communicate effectively with professionals.

Local mental health service providers will also share details about the support they offer at each session.



Alfred Health Carer Services | **FREECALL 1800 052 222***
Carer Support and Respite (24 Hours)

www.carersouth.org.au

* Freecall except from mobile phones

FREE Mental Health Program Event



WHEN

Wednesdays 7, 14, 21 and 28
February 2018

Please arrive at 9.45am
to begin promptly at 10.00am
and finish at 1.00pm.

WHERE

Caulfield Community Health @
Ashley Ricketson Centre
Group Room 2
Caulfield Hospital
260 Kooyong Road
(Gate Entrance 2) Caulfield
There is limited 3 hour
parking in surrounding
streets or in the Caulfield
Hospital carpark for \$6.

REFRESHMENTS

Morning tea will be provided.
Please advise of any dietary
requirements when booking.

BOOK NOW

Bookings are essential as
only 20 places are available.

Phone: **9076 6150**

RSVP by 29 January 2018

AlfredHealth

Carer Services

Ashley Ricketson Centre, Caulfield Community Health Service is situated inside the Gate 2 entrance to Caulfield Hospital on the right hand side of the carpark.

