



Alfred Health Carer Services and Good Shepherd Australia New Zealand are partnering to provide an innovative project to support carers with their budgets, by connecting with a qualified Financial Capability Coach.

“I've paid off my credit card and I've paid off my car loan - Yay!
This new budget ... has helped so much and I've been able to save and pay a lot of things off. I now no longer use after pay or zip pay, and I have savings!”

Hayley

Healthy Money Mindset

Offering Carers the opportunity to develop skills and knowledge to improve their relationship with money and feel more in control of their finances.

- Are you a carer with financial stressors?
- Is your Income reduced due to your caring role?
- Do you want help with your finances?
- Do you live in the Southern Metro Region of Melbourne?

How does the project work?

You will be connected with a Coach - either via phone or online - who will help you explore and develop your everyday money management skills.

Your Coach will:

- Support you to set your own goals
- Empower you to experiment with safe, small steps towards achieving your goals
- Provide feedback and a listening ear on your progress
- Focus on your strengths
- Identify and refer to specialist supports, if needed.

Your Coach won't:

- Provide financial advice
- Provide therapeutic counselling
- Sell or recommend financial products/services.



For more information

Contact Alfred Health Carer Services on 1800 51 21 21

Free of charge to eligible carers

