

FREE INFORMATION SESSION

WEDNESDAY 1ST OCTOBER

PORT MacDONNELL COMMUNITY COMPLEX

1.00pm - 3.30pm

**Are you caring for a loved one;
an elderly parent, partner
or friend?**



**Come along -
gain new skills and learn
practical tips to help you feel
more confident in your
caring role.**

Presented by locals for locals
Clinical Nurse/Educator, Heidi Rose
and Manager, Sandi Elliott



Enquiries Ph: 0437 246 484

What you'll learn about:

- **Local services and support available**
- **Preventing and managing pressure sores**
- **Basic medication management, aids and tips**
- **How to provide a safe and dignified bed bath**
- **Personal care techniques**
- **Handy mobility aids**
- **Relationship challenges, and having difficult conversations**

Receive a free copy of the 'Practical Guide for Caregivers' booklet