



Are you caring for a loved one at home?

Learn essential skills to provide the best care and support of someone with a life-limiting illness in just three '1-hour' sessions on practical caregiving.

Available to anyone in our community wanting to gain knowledge and confidence in their caring role.

'Practical Skills for Caregivers'

Limited to 8 participants.
Please register to ensure your place.
3 sessions in the program.



FREE Information Workshops

Mount Gambier Library

1:00pm to 2:30pm

Session 1 - Wednesday 11th June

Session 2 - Wednesday 18th June

Session 3 - Wednesday 25th June

Mount Gambier Library

1:00pm to 2:30pm

Session 1 - Friday 4th July

Session 2 - Friday 11th July

Session 3 - Friday 18th July

TO REGISTER PHONE OR MESSAGE SANDI AT:



0437 246 484



manager@ihhcare.org.au



Session 1

- **What does it mean to be a 'carer'?**
- **What might your caring role look like?**
- **Useful contacts and support services**



Session 2

- **Managing Symptoms**
- **Pain and Medications**
- **Preparing for difficult conversations**



Session 3

- **Pressure area care, skin care, bathing, and continence care**
- **Mobility and safe movement techniques**
- **Infection Control**

Presented by Mount Gambier 'In Home Hospice Care Inc'

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