



Carer Support Group

A support group for carers of residential aged care residents

If someone significant in your life gets to a point where it is necessary for them to move into residential aged care, this change may not be easy for all concerned.

Sometimes this change can create a sense of isolation, emotional strain, and worry for families and significant others. Meanwhile, all other life responsibilities continue.

The Swinburne Wellbeing Clinic for Older Adults offers a support group program for family members and significant others of aged care residents.

Phone +61 3 9214 3371

Email Wellbeingclinic_agedcare@swin.edu.au

Web swinburne.edu.au/research/centres-groups-clinics/wellbeing-clinic/

The group program provides participants the opportunity to meet with others in a similar situation, to exchange ideas, to learn about dementia, depression, and anxiety, and to share ways of living with the experience of being a carer.

Program Details

The group program is online and consists of **6x 90 minute weekly meetings on Wednesday evenings**. Participants need to have the capacity to use the internet and a computer/tablet to join this program.

Cost: Free

Start date: 1 March 2023

Time: 5.30pm - 7pm (Melbourne/Sydney time)

The program is facilitated by clinical psychologist Denise Wissmann and is funded by the Helen McPherson Smith Trust.

To participate in this program, or to find out more about this program, please email Wellbeingclinic_agedcare@swin.edu.au or call (03) 9214 3371.