

Care for Carers

Motor Neurone Disease Association of NSW

**Tuesday 14 May, 21 May,
28 May and 4 June 2019
GLADESVILLE NSW**

Once a week for four weeks,
for those caring for someone
with MND



This program is suitable for people who are keen to continue expanding their knowledge and confidence to care for a family member or friend with MND at home. It is suitable for both new and experienced carers.

Aims of the program:

- Provide information and tools for day to day care of someone with MND
- Peer support and learning from others in the caring role

Location

MND NSW Centre, Building 4, Gladesville Hospital, Victoria Road, Gladesville.

Date and time

10am to 3.30pm Tuesday 14 May, 21 May, 28 May and 4 June 2019. We recommend you attend all sessions if possible. We can assist you to arrange care for your family member if required.

Registration

There is no charge for you to attend this program but you will need to reserve your place. Please let us know if you have any dietary requirements. **RSVP by 8 May**
Email reg@mndnsw.asn.au or ph. 8877 0999 or 1800 777 175.

Topics include:

- living better for longer with MND
- setting up home for continued independence
- assistive technology and aids
- strategies for managing MND symptoms at home
- when and how to access community services and supports
- eating well with MND
- maintaining communication
- exploring the emotional aspects of caring
- caring for yourself as you care for another
- planning ahead, holidays and travel

Written information will be provided and you will have the opportunity to ask questions of a range of health professionals with expertise in MND.

There will be plenty of relaxed time for discussion.