



weavers

A project to support carers

Would you like to receive support
from a peer?

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We are looking for women who would like to have the support of other women who have been through the challenge of caring for a loved one with dementia - and navigating the Aged Care system.

You will receive guidance on  
...what to expect  
..strategies to cope

For more information, contact  
**Kim Sattler on 4255 6800**  
[kims@womenshealthcentre.com.au](mailto:kims@womenshealthcentre.com.au)

'When you're caring, things come at you pretty full on. It can feel like your head is spinning' - Carer



*Are you a  
Carer?*



**TACSI**

Weavers is funded by COORDINARE South Eastern NSW PHN

# How does the Weavers Program work?

## You choose who....



## You choose what

*'I just want to know what services are out there and how to get the right ones for me....'*

## You choose when and where

*'My Weaver met when it suited me, sometimes at home and often on the phone'*

## You can get support to...

- ✓ Deal with emotional challenges
- ✓ Navigate and negotiate services
- ✓ Care for yourself
- ✓ Connect with family and friends...