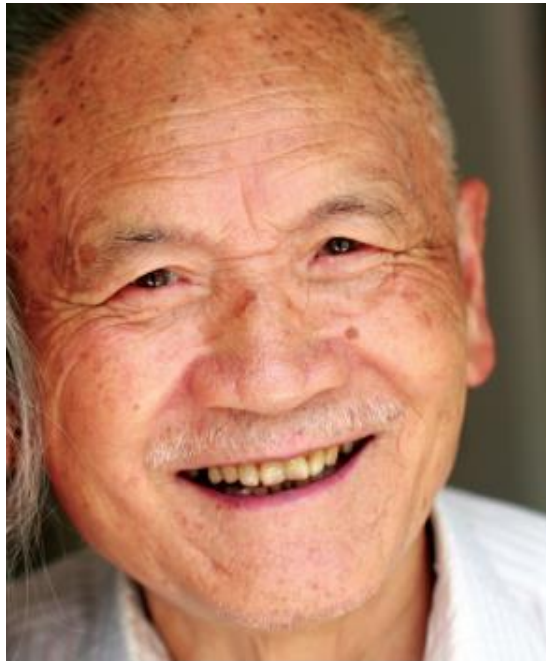


*Caring skills*



*Care for a  
Cuppa Café*

*Relaxation  
& Stress  
Management*



**A FREE 6 to 10 week  
in home coaching  
program to empower  
family carers of people  
with dementia.**

<b>Dates</b>	<b>South</b>	<b>North</b>	<b>West</b>
30/9/13 – 6/12/13	<b>Epping</b>	<b>North Shore</b>	<b>Baulkham Hills</b>
4/11/13 – 10/1/14	<b>Strathfield</b>	<b>Davidson</b>	<b>Castle Hill</b>
9/12/13 – 14/2/14	<b>Canterbury/Lakemba</b>	<b>Pittwater</b>	<b>Parramatta</b>
13/1/14 – 21/3/14	<b>Cronulla/Miranda</b>	<b>Wakehurst</b>	<b>Granville</b>
17/2/14 – 24/4/14	<b>Menai/Heathcote</b>	<b>Manly</b>	<b>Auburn</b>
24/3/14 – 30/5/14	<b>Campbelltown/Camden</b>	<b>Willoughby</b>	<b>Bankstown</b>
5/5/14 – 11/7/14	<b>Liverpool/ Macquarie Fields</b>	<b>Kuring-gai</b>	<b>Fairfield/ Smithfield</b>
16/6/14 – 22/8/14	<b>East Hills</b>	<b>Lane Cove</b>	<b>Toongabbie</b>
21/7/14 – 26/9/14	<b>Marrickville</b>	<b>Coogee/ Vaucluse</b>	<b>Blacktown/ Mt Druitt</b>
25/8/14 – 31/10/14	<b>Drummoyne</b>	<b>Balmain</b>	<b>Riverstone</b>
29/9/14 – 5/12/14	<b>Ryde</b>	<b>Maroubra</b>	<b>Londonderry</b>
3/11/14 – 9/1/15	<b>Cabramatta</b>	<b>Hornsby</b>	<b>Penrith</b>
8/12/14 – 13/2/15	<b>Oatley/Kogarah/Rockdale</b>	<b>Gosford</b>	<b>Mulgoa</b>

# MAKING STRONGER CARERS THROUGH:

## COACHING

individualised practical approaches to defined challenges family carers experience



# MAKING STRONGER CARERS THROUGH:

## ACTIVITY

individualised strategies to help carers support their family member's daily and leisure activity needs



# MAKING STRONGER CARERS THROUGH:

## RELATIONSHIP

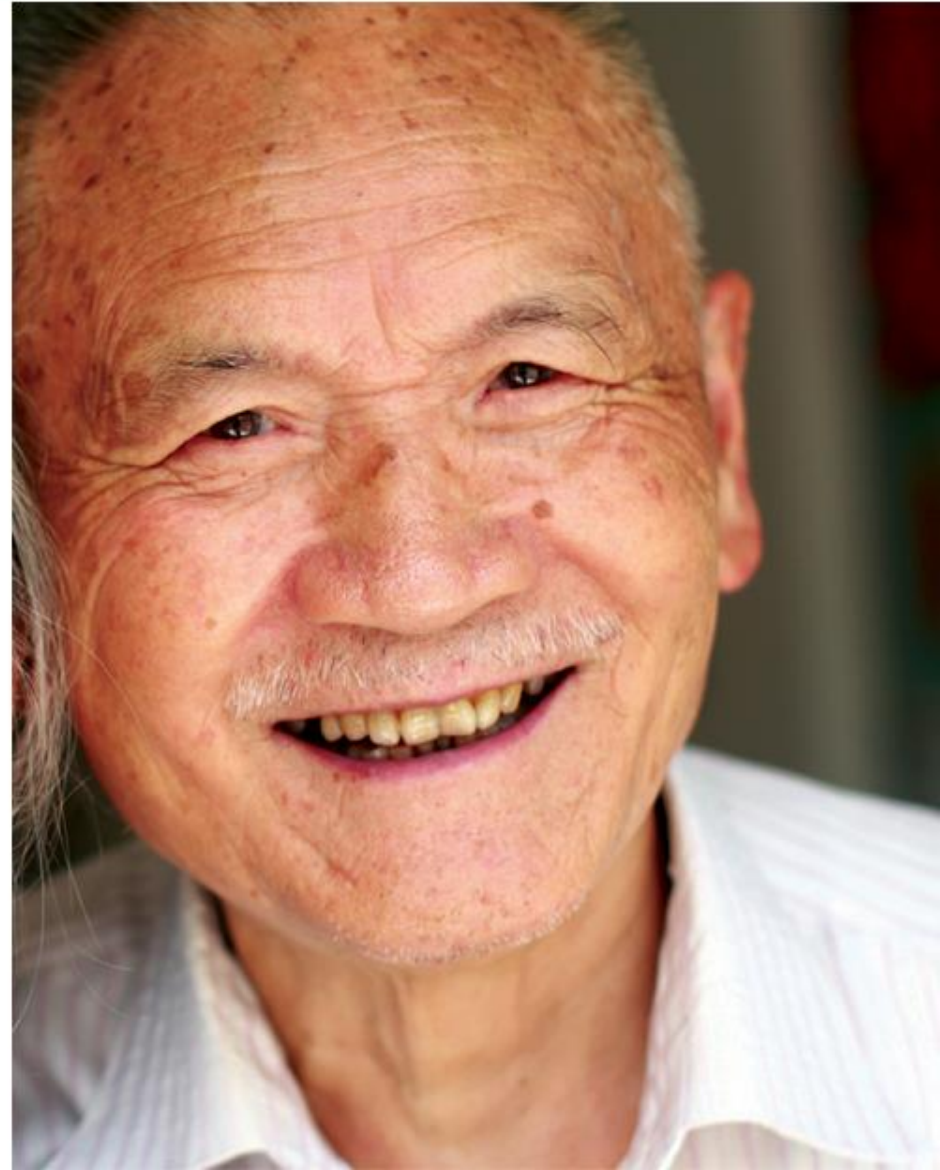
specific communication skills to maintain positive connections



# MAKING STRONGER CARERS THROUGH:

## EMOTIONS

support in recognising and managing grief, loss, stress, anxiety, depression and fatigue, including coaching in relaxation techniques



# MAKING STRONGER CARERS THROUGH:

## RESPITE

as needed whilst family carers master relaxation skills





# MAKING STRONGER CARERS THROUGH:

## SERVICES

information and linkages  
to relevant services



# MAKING STRONGER CARERS THROUGH:

## BRINGING PEOPLE TOGETHER



“Care for a Cuppa Café” groups - a chance to get out, make new friends, and find support in an informal setting



# CHALLENGES

- Cafes
- Meeting outputs in areas
- Withdrawals from program
  - Sickness, deaths, work, transition to care, changing mind, not self-registering
- Finding & linking to services
- Working carers
- CALD carers and clients
- Relaxation/stress management
- Flexibility of appointment times



# OPPORTUNITIES

- Website development
- Mothers group (younger onset carers)
- Promoting useful services and supports
- Applying for funding to expand to rural/regional areas
- Responsive program shaping
- Model-changing trials e.g. 20 weeks



# PARTNERSHIP APPROACH TO EVALUATION

- Involved from program development phase
- Collaborative – with; not to
  - Team willingness & openness
  - Choice of tools & approaches
  - Participant choice in providing feedback
  - Data collection & sharing
- Coaches engaged and committed
- Evaluation process enables program shaping



# EARLY FINDINGS

- Program process evaluation
  - 10% phone calls
- Impact on Carers evaluation (AizNSW)
  - DASS
  - Bakas
  - Carer self-efficacy
  - Post program and follow up surveys
  - Focus groups with Carer Coaches



COACHING AND CARING SKILLS



LINKAGE TO SERVICES



RELAXATION & STRESS MANAGEMENT



SOCIAL NETWORKS



**STRONGER CARERS**