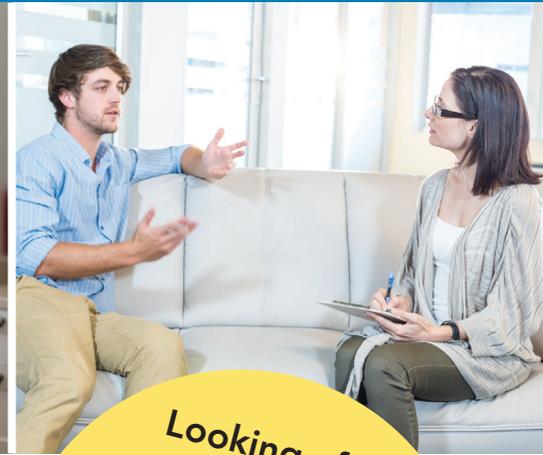
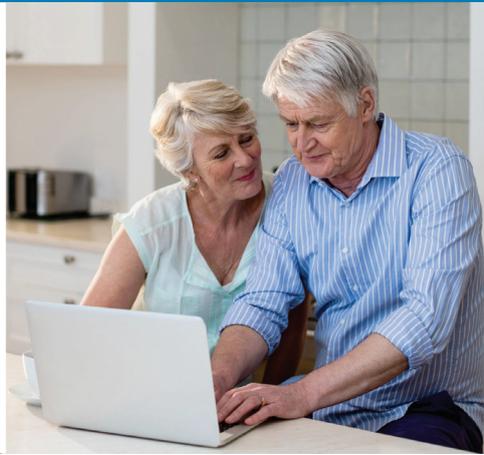


Coaching



The Carers SA Coaching service is specially designed to provide an opportunity for carers to reflect on their experiences and needs, identify personal goals or make changes important to them.

Coaching is a practical and simple conversation about change, what that change might look like and then assisting a carer identify how they might get there.

The Carers SA Coach works alongside the carer. The carer remains the driver of the process and is empowered by the coach to use their skills to achieve change.

The Carers SA Coach assists the carer to bring their own needs into focus, to share both positive and negative experiences and identify how the carer may want things to be different.

The Carers SA Coach is there to support the carer, reflect back their story and talk the carer through creating a simple action plan to achieve their goals.

Coaching can be up to 6 x 1 hr sessions and discussions can be around anything the carer wants to focus on including:

- Health and wellbeing
- Understanding inclusion and advocacy
- Exploring the emotions of caring
- Exploring how the caring role can change over time
- Navigating the day to day challenges of the caring role
- Exploring how to build and maintain mutually supportive relationships
- Work, study and volunteering
- Exploring the financial implications of the caring role.

**Looking after someone with disability, a medical condition, a mental illness or who is frail due to age?
Carers SA is here for you**

Carers SA offers up to six coaching sessions, one hour in length, that will assist you in identifying what you would like to change in your life and how you might get there.

To access the coaching service please call the Carer Gateway number **1800 422 737** and talk to a member of our planning team



An Australian Government Initiative

Connecting carers ●●●● to support services