

Coaching



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

Talk to a professional coach to reflect on experiences and needs, identify personal goals and create a plan to reach these goals. Coaching provides Carers with the opportunity to explore how their caring role affects different areas of their life.

The Carers SA Coach works alongside the Carer. The Carer remains the driver of the process and is empowered by the coach.

Coaching focuses on Carer needs and identifies how the Carer may want things to change.

Coaching can be up to 6 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.

Please Call Carers SA via the Carer Gateway on **1800 422 737**

Carers SA is committed to the safety, participation and empowerment of all children and young people.

If you provide assistance to a family member or friend who is frail due to age, has a disability, a drug or alcohol related problem, is experiencing mental illness or has a long term medical condition, Carers SA is here to support you

"(Coaching) has given me so much hope for the future! The start of my new chapter when I was ready to throw away the book! I really feel now that my life can turn around, for the better, I can change my life and achieve my goals and dreams."

Erin



An Australian Government Initiative

Connecting carers  to support services

Carers SA Here for you



For thirty years now, Carers SA has been providing support to unpaid Carers across South Australia. Carers SA is committed to working with Carers to provide important support and services.

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Some of the services available:

- **Carer support** - assisting Carers to determine what they need.
- **Tailored support packages** - enables Carers to access equipment or services to support in their caring role.
- **Counselling** - Support Carers to talk through their concerns and worries.
- **Peer support** - where Carers can meet with people in similar caring situations.
- **Emergency respite care** - to make sure the person cared for will be looked after if an urgent or unplanned event occurs and stops the Carer from being there.
- **Coaching** - identify personal goals and create a plan to reach these goals.
- **Advice** - providing information on services and support available.



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For further information, assistance and to register for important services and supports, please contact Carers SA via the Carer Gateway on **1800 422 737** or www.carerssa.com.au