

MEDIA RELEASE

Carers' wellbeing forum in Shepparton

16 March 2023

Many of us provide unpaid care to family members and friends who are frail and living with chronic disease or terminal illness. Carers make up almost 11 per cent of Australia's population and provide more than 40 hours a week of unpaid care.

Being a carer can sometimes be overwhelming and as a carer, your own support needs may often come last. Find out how to care for yourself when caring for others by attending a free information session and morning tea at Goulburn Valley Hospice on Wednesday 12 April.

Presented by Murray PHN, in partnership with FamilyCare, the event will feature information on services available to carers in the Goulburn Valley region.

Murray PHN CEO Matt Jones said taking on a caring role can present significant changes to a person's life.

"Ensuring you are well-supported as a carer is integral to maintaining a healthy life, as well as your responsibilities in caring for your loved one," said Mr Jones. "Caring can be physically and emotionally challenging, but support is available to help you to prioritise your own wellbeing."

FamilyCare Carer Support Services Team Leader Jason Watts said, "Being a carer can be challenging, rewarding, frustrating, confusing and overwhelming; sometimes all in the one day."

"FamilyCare's Carer Support Team is here to listen, empathise and seek to understand the needs and aspirations of carers. From this starting point, we provide carers with the information, supports and services to assist them in their caring role and support them to have time for themselves."

For more information and to RSVP, visit <https://bit.ly/3KsZ0m5> or call Molly Stephens, FamilyCare, 0477 741 926.

About us:

Murray PHN is one of 31 PHNs (Primary Health Networks) around Australia working to increase the efficiency and effectiveness of primary health care and service systems. Across our region, we work with general practitioners (GPs), community health, Aboriginal Community Controlled Health Organisations (ACCHOs), pharmacy, aged care and allied health practitioners, and with acute services such as hospitals, specialists and emergency care.

The role of PHNs is to help to support and integrate the work of these important services to ensure that the people get the right care, in the right place, at the right time. In the Murray PHN region, which covers almost 100,000 sq km of regional Victoria, we work to develop and maintain sustainable models of primary health care for our communities.



Contact details

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