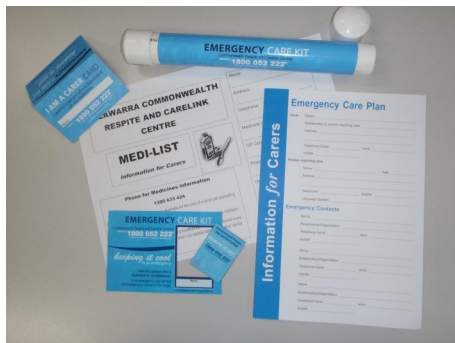


What is an Emergency care plan?

An emergency care plan is a folder or a piece of paper with all the important information in one place. The idea is to make it easy for someone to take over from you in a hurry.

Your emergency care plan should include:

- general information about the person you care for including their medicines
- what they usually eat and drink
- what care they need
- emergency contacts including family and health professionals
- A list of the regular support services they receive.



Call our office on 1800 052 222 for further information.

Our service will be available over the Holiday Season including after hours and public holidays.

1800 052 222



Level 1, Unit 11c

75 Cygnet Avenue

Shellharbour City Centre

NSW 2529

FREECALL:1800 052 222

general@carersillawarra.org.au

www.carersillawarra.org.au

ILLAWARRA COMMONWEALTH RESPITE AND CARELINK CENTRE



Management and staff of the Illawarra Commonwealth Respite & Carelink Centre wish you a safe and Merry Christmas.

Narelle, Kellie, Fulvia, Helena, Charmain, Chrissy, Marg, Jane, Lisa, Tina, Cherie and Kerrie

**It's Time. Making the Transition
to Residential Care**

A **FREE** presentation by Heather Burge—
CNS Dementia Advisory and Carer
Support Service and
Steve Swan Aged Care CNC.

Thursday 7 December 2017

9am—3pm

Dunn Lewis Centre—Ulladulla

Friends, family carers and loved ones of
people living with dementia or frailty,
who may require the need for residential
care would benefit from this talk.

Morning tea and lunch will be provided
on the day. You will need to RSVP to
Steve on 4423 9395 or
Heather on 4428 7626 by 4 December.

A detailed program can be provided if
you require.

If you need respite for the day please call
us on 1800 052 222.

CHRISTMAS EVENTS IN THE REGION

Saturday 2 December—Carols

186 Walmer Ave, Sanctuary Point

Friday 8 December 5.30—8.30pm

Carols, Games, Fireworks

Reddall Reserve, Lake Illawarra

Wednesday 20 December 6pm—9pm—Carols

Crown Street Mall, Wollongong

Saturday 16 December —Street Parade

Fern Street, Gerringong

Tuesday 5 December 7.30pm—Carols

Civic Centre Lawn, Ulladulla

Sunday 24 December 7pm—Carols

Berry Apex Park, Berry

Wednesday 13 December 7pm—9pm—Carols

Hindmarsh Park, Kiama

Friday 1 December—Carols and movie

Ziems Park, Corrimal

Saturday 9 December 5pm—Carols and movie

Community Park, Winnima Way, Berkeley



CARER CHATS

Connecting Carers and Services

Do you carer for a family member
or a friend?

Then our carer chat sessions could be for
you. Why not take a break and join our
staff and other carers for an informal
chat. We will have a morning tea
available for you on the day.

The first two sessions for 2018 are:

Tuesday 13 February

Werri Beach Progress Hall

14 B Pacific Avenue—Werri Beach

Wednesday 14 March

Callala Community Centre

42 Emmet Street—Callala

For more information or to book please
call our office on 4295 5532.