

# Is someone in your family an icare participant?

*wecare is delivered by Carers NSW and works with the families of icare participants to provide information, strategies, tools and resources at any time post injury and when support is most needed. Two wecare programs are currently available.*

The **Carer Mentoring Program**, for adult family members, is delivered as six to eight mentoring sessions. Experienced, supportive mentors work alongside the family carer to provide information and support to strengthen coping strategies.

The **Children and Young People's Mentoring Program**, for family members aged five (school age) to 18 years, is a flexible program which is tailored to the needs of the child or young person. The program will provide education, referrals and coping strategies through fun, age appropriate activities to assist in living with their loved one and pursuing their goals.

## **Referrals**

Families can be referred to the wecare program through a number of avenues including an icare contact, GPs, Community Rehab team, Allied Health services and self-referral, by contacting [wecare@carersnsw.org.au](mailto:wecare@carersnsw.org.au) or 02 9280 4744 and asking to speak to the wecare team.

## **Service delivery**

Due to the current restrictions associated with COVID-19, the wecare program will currently be offering mentoring sessions through Skype, Zoom or telephone. When these restrictions are lifted, we will also be able to offer some sessions in person. This flexible approach to the delivery of our carer mentoring sessions is outlined on the referral form and carers can nominate their preferred service delivery option.

## Find out more

For more information on the wecare program and to find out if your family is eligible, speak to your icare contact or the wecare team on [wecare@carersnsw.org.au](mailto:wecare@carersnsw.org.au) or 02 9280 4744 and ask to speak to the wecare team.

