

Is someone in your family a Lifetime Care participant?

wecare
Caring for icare families

wecare works with the families of icare participants to increase their knowledge, resilience and wellbeing, at any time post injury and when support is most needed. Two wecare programs are currently available.

The **Mentoring carers 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 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 and is delivered over four to eight weeks. The program will work with the child or young person to support them to reach their goals and pursue their dreams.

Carers NSW

Carers NSW is the peak non-government organisation for carers in NSW, our focus is on improving the lives of carers. We work with all carers regardless of their circumstances, life-stage or age. Our vision is an Australia that values and supports all carers.

Find out more

For more information on the *wecare* program and to find out if your family is eligible, speak to your icare Coordinator or contact the *wecare* team on wecare@carersnsw.org.au or 1800 242 636 and ask to speak to the *wecare* team.

 1800 242 636
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 **icare**[™]

