Is someone in your family a participant of icare dust diseases care?

wecare
Caring for **icare** families

wecare is delivered by Carers NSW and works with the families of icare dust diseases care participants to increase their knowledge, resilience and wellbeing at any time following a diagnosis 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 25 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 their icare contact, GPs, Community Rehab team, Allied Health services and self-referral, by contacting wecare@carersnsw.org.au or 02 9280 4744 and asking to speak to the *wecare* team.

Service delivery

The *wecare* program offers one-on-one mentoring sessions delivered through a combination of on-line, in-person and telephone sessions. Peer support groups and small group mentoring are available on-line only. 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 you, or members of your family, are eligible for either program talk to your client liaison officer at icare, or contact *wecare* directly by phone 02 9280 4744 or email wecare@carersnsw.org.au

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Carers NSW Australia

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