

The Seniors Collaborative Action Project and the Better Practice Project would like to invite you to a free workshop

Supporting the Well Being of Family Carers

The importance of wellbeing and positivity in supporting family carers
A wellbeing approach values the role of carers in supporting the person they care for and the need for support to maintain their physical and emotional wellbeing and build resilience.

The research on the key determinants of wellbeing provides a useful framework for understanding how to assist people to build their resilience and maintain a positive lifestyle.

The Better Practice Project promotes an appreciative approach to working with older people and their carers through the processes outlined in “Imagining Possibilities”, a handbook for workers.

This workshop explores the determinants of wellbeing, the notion of comprehensive fitness and how this applies to family carers and how to use an appreciative strengths approach in supporting carers.

Who should attend?
Care and support workers, RAS assessors, volunteers

Tuesday 30th August 2016
10.00am – 12.00noon
Barossa Council Chambers
43-51 Tanunda Road, Nuriootpa

Overview	Objectives
<ul style="list-style-type: none"> • What is wellbeing? • The building blocks of wellbeing • Cycles of Caring • Comprehensive fitness • An appreciative approach • Goal setting to improve and maintain wellbeing and resilience 	<ol style="list-style-type: none"> 1. To understand the determinants of wellbeing and the concept of comprehensive fitness 2. To explore ways that people can enhance wellbeing and build resilience to maintain a positive lifestyle 3. To understand Appreciative Inquiry and how to apply AI principles and processes in supporting wellbeing.

Please RSVP to:
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8563 8414 or 0400 439 762
by 22nd August 2016

**Supported by the Australian Government Department of Health. Visit the Department of Social Services website (www.dss.gov.au) for more information. Although funding for this workshop has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*