

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

Wellness Practice for Support Workers and Volunteers – working with the Commonwealth Home Support Program

The Commonwealth Home Support Program promotes independence through physical and emotional wellbeing, supporting people to maintain and regain their capabilities to live a good life and increase their social connections and access to the community. This is a wellness approach and it is a key to the changes required of community support providers.

This workshop enables participants to reflect on how to support older people and carers to maintain and improve their wellbeing and independence through using a wellness approach in providing support in the home and their community. Coordinators and team leaders are also encouraged to attend with their team of workers and volunteers to assist in planning how best to support their team in implementing wellness practice back in the workplace.

24 February 2016
1.00 – 4.00 pm
Gawler Sport & Community Centre
Nixon Tce, Gawler

RSVP to:

Deb Anderson danderson@barossa.sa.gov.au
8563 8414 or 0400 439 762
by 22 February 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.*