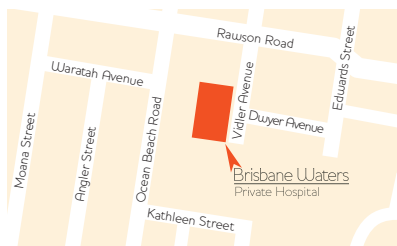


# Carer Support Program

## INFORMATION BROCHURE

### Brisbane Waters Private Hospital



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T: 02 4341 9522 / [brisbanewatersprivate.com.au](http://brisbanewatersprivate.com.au)



[www.facebook.com/Brisbanewatersprivatehospital](https://www.facebook.com/Brisbanewatersprivatehospital)



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[www.facebook.com/CentralCoastArafmi](https://www.facebook.com/CentralCoastArafmi)



Working in partnership with  
Central Coast ARAFMI to benefit  
the emotional health and well being  
of our Carers and their families.

Brisbane Waters  
Private Hospital

healthcare



**We strive to enhance** the emotional health and well being  
of our Carers and their families.

Brisbane Waters Private Hospital recognises that it can be an anxious time for you, when someone you care about needs to be in hospital.

Often family and carers have questions, require information or simply would like someone to talk to.

That's why together with Central Coast ARAFMI we have developed a new program to alleviate some of the concerns you may have.

Our new Carer Support Worker is available to meet with you at the hospital, or in the community or can be contacted by phone.

## The Carer Support Worker can provide

- > One to one counselling
- > Family support
- > Advocacy
- > Information and referral
- > Support groups

## How can I access the Brisbane Waters Private Hospital Carer Support Program?

The Carer Support Program is now available at Brisbane Waters Private Hospital for Carers. We now provide assistance and counselling to Carers who have a family member admitted to the hospital.

You can access the Carer Support Worker by contacting Central Coast ARAFMI directly on 4323 7731, or at [Catherinerowe@ccarafmi.org.au](mailto:Catherinerowe@ccarafmi.org.au), or alternatively please speak with the Central Coast Clinic staff.

There are no costs associated with accessing our Carer Support Worker.

Central Coast ARAFMI have been working with carers for over 40 years. We understand that it's often the connections we make with each other that can make all the difference.

There's no need to feel alone. Connect with us and feel supported. Be part of something special.

*We are not meant to live in isolation, joining a support group is another way to build friendships, socialise to interact with others in similar circumstances to your own.*

