

TheMHS Conference – abstract for Carers Forum, 1 September 2009

Theme: Recovery for Carers – What about me?

“Recovery for Carers” – there is an increasing focus on ‘recovery’ as a key concept in the delivery of services to those affected by mental ill health. Throughout the day we will be acknowledging the need for those in caring roles to build their own resilience and to recover their own full potential. Opportunities will be offered for Carers to talk about their personal stories and to offer to others their coping strategies. Carers will also be given techniques for developing self-care and stress management plans and options for maintaining health and well being.

Carers Forum

Tuesday 1st September 2009

Perth Convention Centre

8.30-8.55am Registration

9.00-9.15am Joint Welcome to Country and Introduction, Exhibition Room

9.30-9.45am Carers Forum, Room 3 - Introduction by Chairperson, *Noreen Fynn*

9.45-10.45am “Key concepts for building resilience and well being” – an interactive presentation drawing on material from the Anti Burnout Course for Carers with *Anna Richards*. 60 mins

10.45-11.15am Morning Tea

11.15-12.45 “What about me?” , an interactive session with a focus on carers’ personal journeys – to create both the opportunity for carers to express ownership of *their own* story and for the sharing of strategies and information as how to best manage the caring role and to ensure quality of life and well being for the carer.

- i)) Brief Overview and Ice breaker (introduction to person next to you) 20 mins
- ii) Group interaction - personal journeys with a focus on two questions, ‘How do I get the supports I need, when I

need them?’ and ‘What has been most helpful to me in my journey?’ 45 mins
iii) Feedback of key points to larger group 25 mins

Total 90 mins

12.45-1.45pm Lunch

1.45-2.45pm Inspirational speakers – *Allan Golledge*, providing both a Carer and service provider perspective and *Phil and Judy Moran*, speaking of their experience as Carers 45 mins

2.45- 3.15pm Yoga – the benefits of simple stretching and breathing exercises with *Sarah Duncan*. 30 mins

3.15-3.45pm Meditation – meditation techniques and attitudinal antidotes that can be used to overcome stress, anxiety, depression and a variety of negative emotions will be presented in a practical down-to-earth manner by *Les Sheehy* who has over 30 years experience in the practice and teachings of meditation. 45 mins

3.45-4.00 Questions/ Closing Remarks

4.00-4.30pm Afternoon Tea / Networking, Exhibition Room