

What makes for good support?

Exploring how to build and maintain mutually supportive relationships



Do you need to call someone?

Emergency

In an emergency or if someone is in danger

Triple Zero 000

Need to talk?

If you are in crisis, anxious or depressed and want to talk with someone

Lifeline: 13 11 14 – for anyone

Kids Helpline: 1800 55 1800 – for people aged 5 to 25

Carer services

Call the Carer Gateway Contact Centre for support and services:

1800 422 737 – Monday to Friday, 8am to 6pm local time

© Commonwealth of Australia 2019

Version 1, Published 28 June, 2019.

This work is copyright. It may be reproduced in whole or part subject to the inclusion of an acknowledgement of the source and no commercial usage or sale. Reproduction for purposes other than those indicated above requires prior written permission from the Department of Social Services.

Requests and inquiries concerning reproduction and rights should be addressed to the Department of Social Services, PO Box 7576, Canberra Business Centre, ACT 2610 or sent to DSSfeedback@dss.gov.au

This resource was originally written in 2019 by Wellways Australia Services to support Regional Delivery Partners in the delivery of the Facilitated Carer Coaching services. Our gratitude goes to the members of the coproduction group and carers who generously provided insight and feedback during the development of the workbook.

Except where otherwise indicated, the images in this publication show models and illustrative settings only, and do not necessarily depict actual services, facilities or recipients of services.

This publication may contain images of deceased Aboriginal and Torres Strait Islander peoples. Where the word 'Aboriginal' is used it refers to both Aboriginal and Torres Strait Islander peoples.

Name:

How to use this workbook

In this workbook you will find activities, information, resources and opportunities designed to support the facilitated and self-guided coaching experience. How you use this workbook is entirely up to you. We encourage you to make notes, draw or scribble ideas and thoughts throughout. It is your resource and can be something you refer back to in future.

You can work through this booklet at your own pace. You can choose to explore the content with a coach, with a peer or someone you trust, or by yourself.

Throughout this workbook you will see the following icons:



indicates further information



indicates an activity you can complete



indicates an opportunity to pause for a reflection. You could discuss the idea with a friend or your coach, or you could write down your thoughts in your journal



You can download this workbook in PDF format.
Visit coaching.carergateway.gov.au

It's tough when we do it on our own



Lydia, 24, S.A.

For a long time I only thought about getting her the support that she needed.

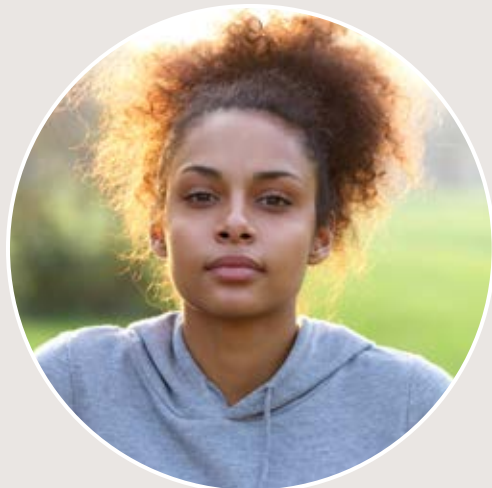
I didn't think I needed support too. I thought I just needed a break or a rest. I don't know why but it took me a while to realise that it might be helpful to talk to someone about what it's like for me, looking after her.



Steve, 53, Tas.

I get great pleasure and fulfilment out of working with others.

I have started making time to do things that might be beneficial to others and myself. I am now part of a business and philanthropy committee and I do some work, on a flexible basis, with the local surf club.



Shannon, 21, N.S.W.

Sometimes it all gets a bit too much – like I have too many things on my plate.

There are just so many things I have to get done; uni, work, look after mum and my brothers, make sure the dog is fed, you know? It gets overwhelming sometimes and I just need some time out.



Janelle, 67, W.A.

I've seen attitudes to carers shift substantially, for the better, over my working life.

My guiding principle with work has been to tell people what they need to know so the door is open to support, if I need it. Over the years, I've seen an increasing understanding of the demands of my caring role.



Cindi, 29, N.T.

If I didn't have space to just hang out and do things I enjoy, I think I'd be a mess.

It's quite a challenge to say no to my family and my friends when they want me to do something or go somewhere with them. But I think, well, my needs are just as important as theirs. I don't say no all the time!



Melissa, 41, N.S.W.

Being with other parents on similar journeys gives me the support I sometimes crave.

I found a play group for children with special needs and it is as good for me as it is for my boys. Being able to talk, share tips and advice and just be with other parents who 'get it' is so helpful and reassuring.



Allan, 33, Vic.

My wife and I have shared friends, but we have independent social circles too.

My wife and I have quite different interests, which we find is actually a good thing. We both have found our own networks and friends through our individual hobbies.



How do supportive relationships help?

In this coaching session you will think about how you can build, strengthen and maintain supportive relationships with family, health service providers and the person, or people, you provide care for, and why this might be essential for your own wellbeing.

Topics:

- Why carers need their own support,
- Your circles of support,
- Mutually supportive relationships.

By the end of this coaching session, you will be able to;

- Identify when your cup is filling – and know what you can do,
- Feel confident about building and maintaining your circles of support,
- Strengthen your relationship with the person you support.

This workbook contains the following sections:

Introduction to good support	8
Exploration of good support	10
Looking ahead	44

What's important to you?

As you work your way through this course, it can be helpful to keep in mind the things in life that are of the most importance to you. As you explore the topics, questions and activities, consider how your responses are shaped by the values you hold.

On the right is a list of values. The list is by no means complete, and the values included will mean different things to different people.

As you read through the next few sections and reflect on your own experiences, think about how these values might influence your choices and actions.



Read through the list and circle five values that are very important to you.

Hint: Try not to over think it; your first response is enough.

Acceptance

Family

Justice

Accuracy

Flexibility

Knowledge

Belonging

Friendship

Love

Challenge

Fun

Order

Comfort

Growth

Passion

Compassion

Honesty

Respect

Cooperation

Hope

Responsibility

Creativity

Humility

Stability

Dignity

Humour

Tradition

Excitement

Independence

Wealth

How full is your cup?

Everyone has obligations and responsibilities that fill their cup. Some of us care for more than one person, some work, some study. Others juggle household tasks, children, aging parents or stressful relationships. There are countless responsibilities we can have.



Below are nine spaces for the things in your life that take your time and energy; your responsibilities.

Write down each responsibility you can think of. When you are done, take a look at your cup. How full is it?



1



2



3



4



5



6



7



8



9

When your cup is filling

Everyone responds to mounting responsibilities in their own way, though there are some common experiences.

When our cup is filling, there can be changes in our body, mood or behaviour. Sometimes these changes are noticeable to others and to ourselves but sometimes they are subtle, invisible or easy for us to overlook or dismiss.

If you can identify your warning signals, that is, the way your body and mind respond to increasing responsibilities, you can take steps towards reducing the load.



Below are some of the feelings, both physical and emotional, that you might experience when your responsibilities are intensifying.

Circle the feelings you experience during times of increased responsibility and pressure.



achy



teary



tense



tired



itchy



sick



irritated



anti-social



anxious



confused



frustrated



stuck



focused



frightened



grumpy



frantic



angry



distracted



stunned



can't sleep

What if your cup is overflowing?

Noticing that your cup is filling is a skill that develops over time. Being aware of how your body and mind respond to increasing responsibilities helps you know when it's time to empty a bit out of your cup.

Offloading or sharing some responsibilities can be accomplished with co-operation, planning and forethought – things we likely can't do when the cup is rapidly approaching overflow. Regardless of how in tune we are with our warning signals, sometimes we can't avoid the cup overflowing.

So what happens when we reach this state? Some carers describe reaching a point of shut down, collapse, or utter exhaustion. When we experience an overflowing cup, we also experience a decrease in control over our behaviour, thoughts and actions.

Sometimes our body will force us to slow down; we may become sick or experience physical aches and pains. Other common experiences include: insomnia, appetite changes, being unable to think clearly or concentrate, mood swings, and detachment.



How you might avoid 'overflowing'

We can probably all agree that prevention, in general, is better than cure. Avoiding getting to the stage where you are so swamped by responsibilities that your cup is overflowing is a good approach to take, but it's not always possible.

Whether it's unplanted soil in the veggie patch, blank space on an artist's canvas or the moments of silence in a song, the element of emptiness is essential for balance, wellbeing and the opportunity of growth. You can't add anything to something that is full already.

If our cup is full to the brim or overflowing for too long, our mood, health, behaviours, energy, relationships – our overall wellbeing – can easily tip out of balance. There becomes no room for us to grow and mature, to improve or refine.

There are steps you can take to help you find and maintain some empty space in your cup and, as a result, some balance in your life.





Prevention or cure?

As carers, one thing we become really good at doing is... everything.

Part of having some space in your cup is being OK with doing less. The other part is knowing how you can get support, for you.

It's natural to focus our attention and energy on the person we support. And when we notice the warning signals of our cup filling, we might take steps to reduce some of the load by accessing respite services, or enlisting the help of family or friends to share some of the caring duties.

These interventions are essential, however, they are focused on support for our person. Yes, they might allow us an opportunity to 'catch our breath', to finally get the vacuuming done or attend to all that paper work, but if our focus doesn't also include accessing our own support, we are likely to find ourselves in the 'overflow' situation again and again.

Preventing a cup filling and overflowing is about having good networks of support for both you and the person you care for.

Circles of support

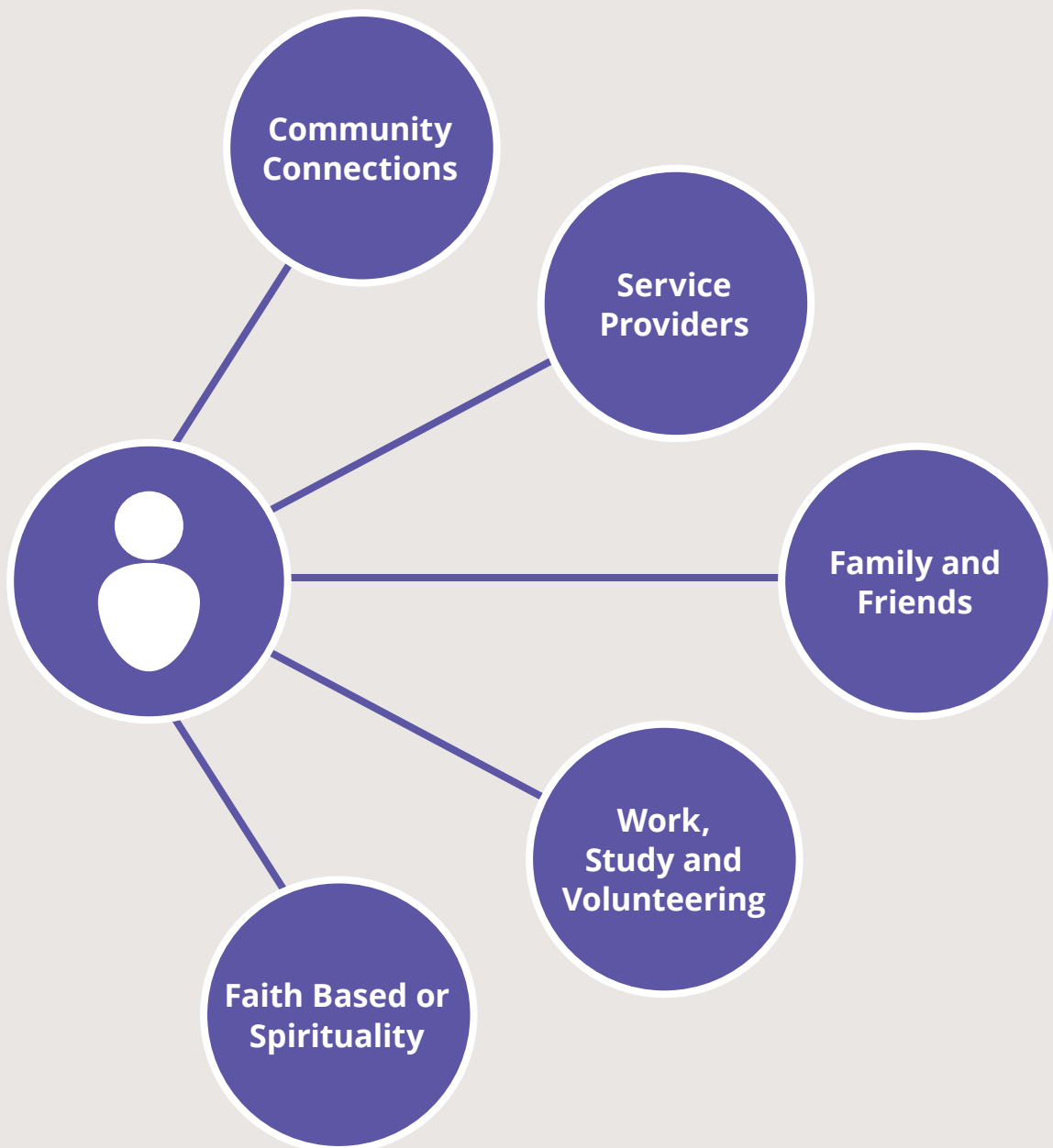
You might have heard about the concept of Circles of Support when referring to a treatment team or part of a care plan.

The idea is that all the important support providers for a person are mapped out, so that their treatment and care is visible and able to be understood by all involved.

A circles of support diagram can include the following:

- Family and friends,
- Service providers,
- Community connections,
- Work, study and volunteering,
- Faith or spirituality.

Each person or organisation included on the diagram actively supports and advocates for the best interests of the central person. The people in the circles might work independently of each other, or come together as a support team.





Identifying your needs

Most carers see the value in working out who is in the circles of support for a person they care for. We understand one person can't provide every aspect of care; effective care takes a team approach.

It is one thing to be able to access support that eases the load for us, that allows us to be better positioned to provide care; it is quite another thing to have people there supporting us, focused on our needs.

Of course, our needs will likely include respite and assistance with our caring role, but they will also include other aspects related to our social, physical, spiritual and emotional wellbeing too.

Yet, we carers tend to overlook our own need for a support team; our own circles of support. Granted, our need for support often has to take a backseat. But what happens if this becomes a habit?



- What would it mean for you to receive support that wasn't only designed to make you a 'better carer'?
- If you think about getting this kind of support, what thoughts and feelings does this bring up for you?

Your circles of support

Who are the people, organisations and services that support you?

You are worthy of support. Not only support that helps you function in your caring role but also support that provides you with care, encouragement, comfort, recognition, guidance and understanding for you, in your own right.

If you were to create a diagram that showed your circles of support, who would be in the circles?

It is actually really difficult to identify how we can be supported by others without thinking in terms of respite. Our tendency when we think of support is to think of people taking over some of the duties associated with our caring role. This kind of support is essential for a carer. Support that holds you as the focus, not the person you care for, is just as crucial.

Over the next few pages, we'll explore who might be included in your circles of support and how they could offer support to you.



Your community connections circle

People or organisations in this circle could include:

- Hobby clubs,
- Business networking groups,
- Sporting organisations,
- School or alumni associations,
- Charitable societies,
- Online communities.

People in this circle are part of the wider community you live in. You come together because you have something in common; a shared activity, passion, experience or objective.

People or organisations in this circle could support you by:

- Providing connection and recognition,
- Offering fun and friendship,
- Nourishing a talent, interest or passion,
- Offering mentorship or work opportunities,
- Giving you respite or time out,
- Assisting you with your goals.

"I've always maintained my interest in flying and model aircrafts. Wherever we have lived I've been a member of the local club. It's been a major source of respite and relaxation among like-minded people."

– *Peter*

"I am the secretary for the local volleyball association. I do get paid a small amount for the role, which helps, but what I like more is that I can use and develop my skills in a different arena. It's helped me to see that I am a pretty organised bloke!"

– *Bryan*

"I've been a member of our local Country Women's Association branch for over twenty years now. Let me tell you, it's not just about baking scones – though I must say, our recipe is the best! The support and friendship and sometimes just a sympathetic ear has often kept me going when I wasn't sure I could."

– *Jeanne*

Your service providers circle

People or organisations in this circle could include:

- GP, nurses, doctors, specialists,
- Counsellors, psychologists,
- Remedial therapists e.g. masseuse,
- Solicitors, accountants,
- Cleaner, gardener,
- Social worker, advocates.

People in this circle are paid to provide services that support you. This support may be related to your physical or mental health, the upkeep of your environment or perhaps the maintenance of your assets. Payment might be provided by you or covered by government assistance or other means.

People or organisations in this circle could support you by:

- Guidance, advice, strategies,
- Administration or management of day-to-day tasks,
- Professional services,
- Treatment,
- Respite, relaxation.

"I saw a counsellor who helped me to advocate for the people I care for. We would role play situations that had or could come up. I felt prepared and more in control. Empowered comes to mind."

– Jackie

"In recent times I have started to regularly see my GP and together we have had some good outcomes for me personally."

– David

"I often access a local council support worker who will come and help me with the boys. I contribute a few dollars an hour and the council takes care of the rest. It's so handy to be able to call on her at a moment's notice."

– Gemma

Your family and friends circle

People in this circle could include:

- Relatives,
- Extended family,
- Neighbours,
- Friends,
- Chosen family,
- Peers (other carers).

Members of our family and our close friends can often provide us the greatest support. They can also be the people who add to our stress, maybe because they have differing expectations or perhaps they seem to always seek our support. Family and friends who can focus on your strengths, overlook your weaknesses and help build your confidence are vital.

People in this circle could support you by:

- Listening without judgement,
- Offering encouragement,
- Providing respite,
- Validating your feelings,
- Reminding you of strengths,
- Sharing events and activities.

“My family all live on the mainland, so we communicate via phone or email. Just hearing stories about their families and everyday events brings a sense of normality to my life.”

– Robyn

“I pick and choose very carefully who I spend time with because I have friends and family who are also carers or who rely on me for emotional support. I can’t always be the person who listens and sympathises. It needs to go both ways.”

– Tamlyn

“We go on walks together and have a laugh over a coffee, or we might have a dinner and movie night. Being in the company of good friends makes a big difference to my wellbeing. I just feel that I can handle the pressures better.”

– Anju

Your work, study and volunteering circle

Opportunities, people or organisations in this circle could include:

- Employers, workplaces,
- Schools, TAFE, RTO's, Universities,
- Colleagues,
- Charity organisations,
- Classmates.

The support you receive from working, study or volunteering is often more about participating in the act itself, rather than getting support from the people there. Being able to explore your identity outside of your carer role goes a long way towards building connection, belonging and independence.

Participating in this circle could support you by:

- Providing a sense of purpose,
- Developing and expanding your skills,
- Acknowledging your skills and achievements,
- Valuing your lived experience,
- Offering connection to ideas, causes, other people,
- Giving you financial independence.

“Choosing to follow an interest of my own, separate to my caring role, has been like a breath of fresh air. My thoughts used to go around and around, worrying about my husband all the time. Now they are kind of balanced out because I’m also absorbed in readings, lectures and tutorials.”

– Sarah

“A lot of the skills I’ve developed through looking after my father are essential to my job. Things like patience, time management, clear communication are so valuable in the workplace. It’s actually really validating to have them acknowledged.”

– Angela

“I volunteer as a disability carer advocate on a hospital board. I am proud to be sharing my experience and expertise to make sure that the voice of carers is heard and I am very grateful that I’m able to do so.”

– Hakeem

Your faith based and spirituality circle

People, organisations or practices in this circle could include:

- Religious / spiritual leaders or guides,
- Meditation,
- Yoga,
- Prayer,
- Time in nature,
- Religious groups.

When we experience challenging times, our connection to faith, spirituality or religion is sometimes challenged too. Hardship can make us re-evaluate our beliefs or how we see the world. Regardless of whether we practice a religion or not, finding a way to connect with meaning, or to explore our search for it, can be incredibly valuable.

People, organisations or practices in this circle could offer support by:

- Providing moments of calm,
- Sharing experiences,
- Encouraging self reflection, awareness and insight,
- Connecting you with others,
- Offering faith based advice,
- Increasing your ability to manage stress.

"For me, I feel restored in the presence of nature. Even short experiences of paying attention to the breeze, the colours, the sounds and the smells help me to re-centre, to rebalance."

– Terri

"They don't call it meditation 'practice' for nothing. I have been practicing meditating every morning for a while now. It's helped me to be more aware of my thoughts and emotions which seems to act as a bit of a circuit breaker."

– Mark

"I am part of a parish group that meets once a month to share a meal, pray and discuss topics related to our faith. I find the people in my group very supportive and the opportunity to explore questions of faith with people I respect is immensely fulfilling."

– Sandra

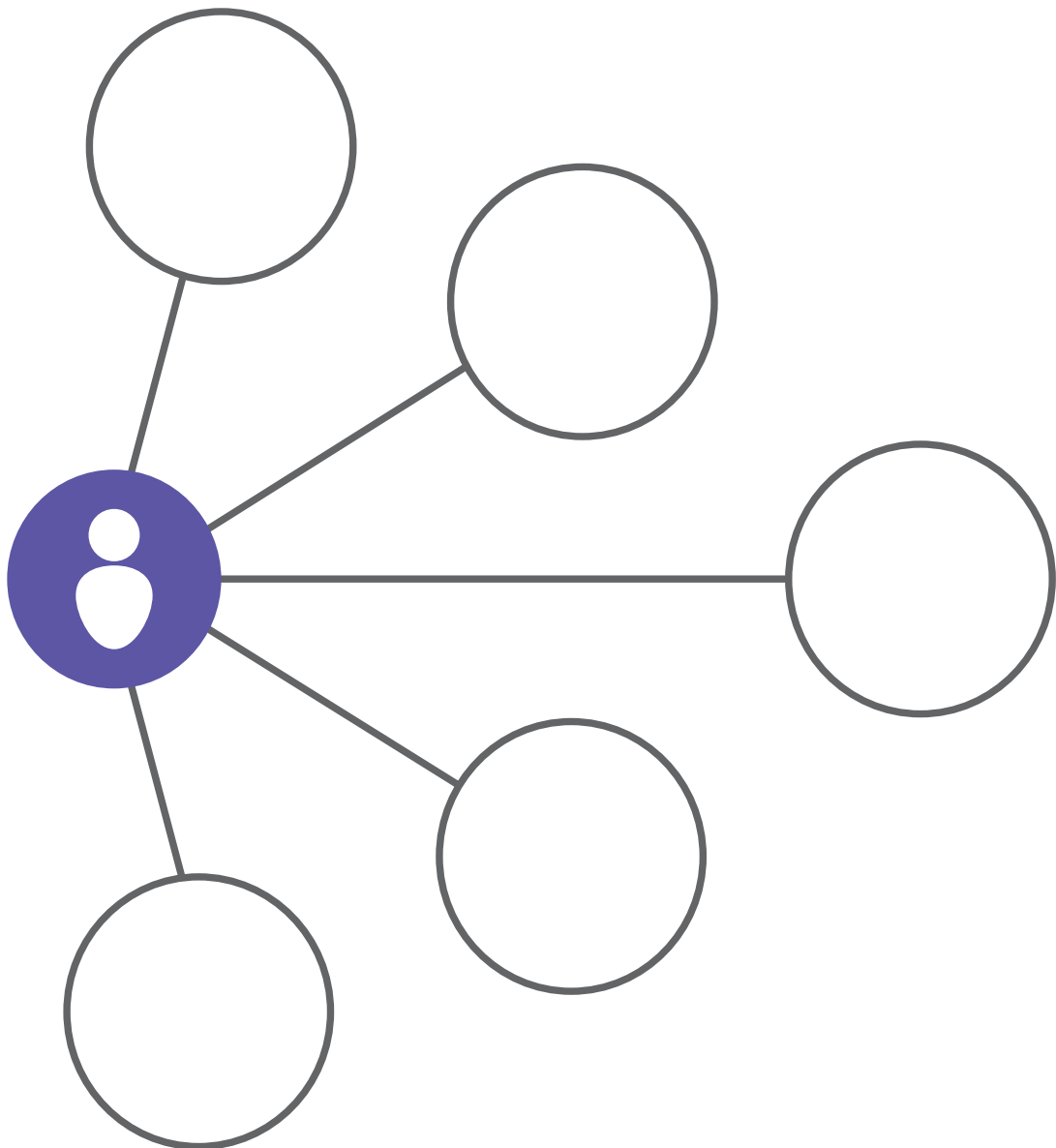
Your circles of support

It is worth taking some time to map out your circles of support.

The circles of support discussed on the previous pages are a starting point. You might find that you'd prefer to include other circles. That's great! The idea is to identify your personal support network; everyone's will be unique to them.



Create your own circles of support in the space provided.

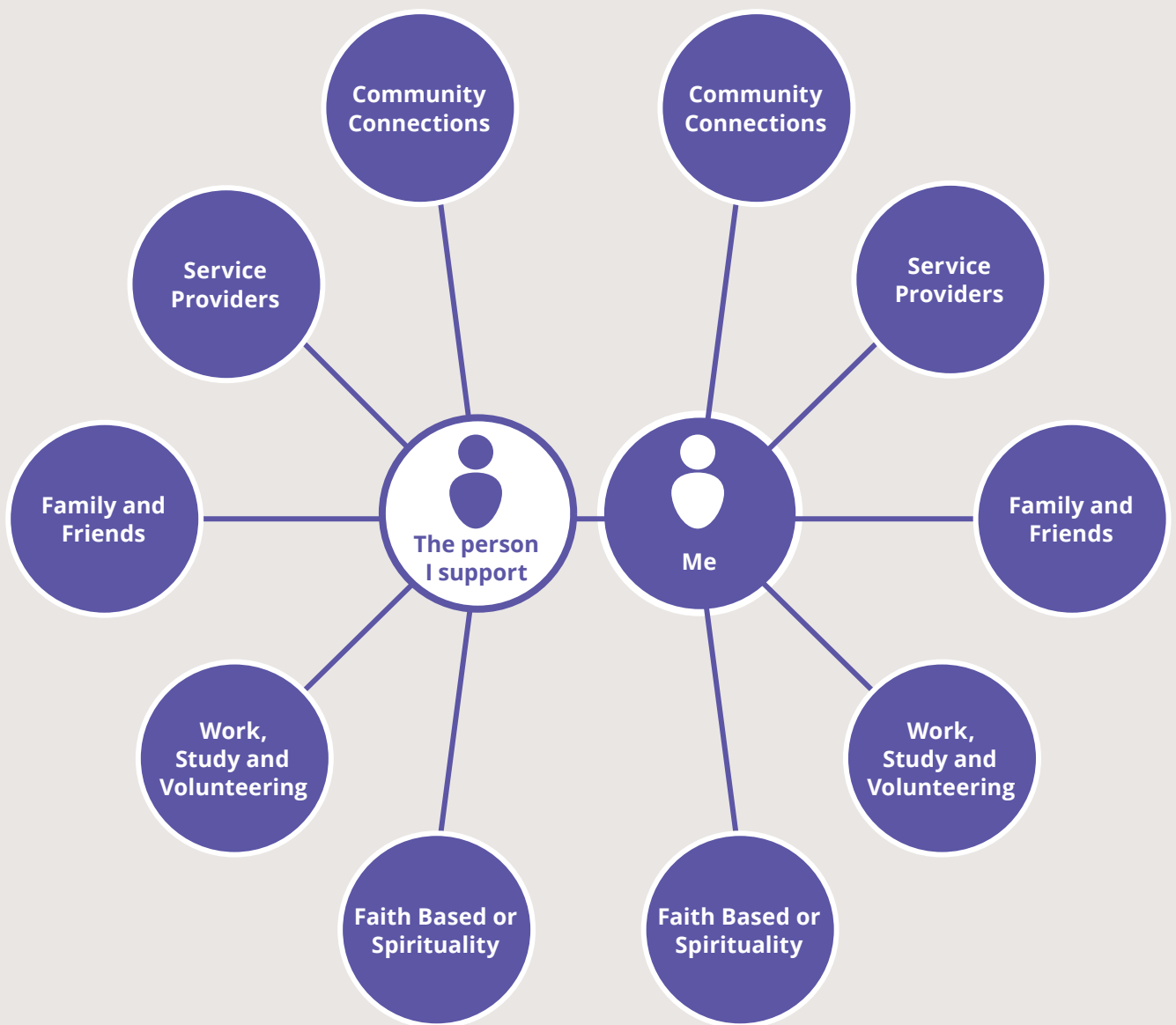


The benefits of good support

On the diagram opposite, circle each area where you have good support and each area you believe the person you care for has good support. If you care for more than one person, focus on one person at a time when completing the diagram.



- Does the diagram look equal and balanced?
- If not, what impact might that have on your relationship with the person you support?
- If you are both equally supported, what might that allow space for in your relationship?



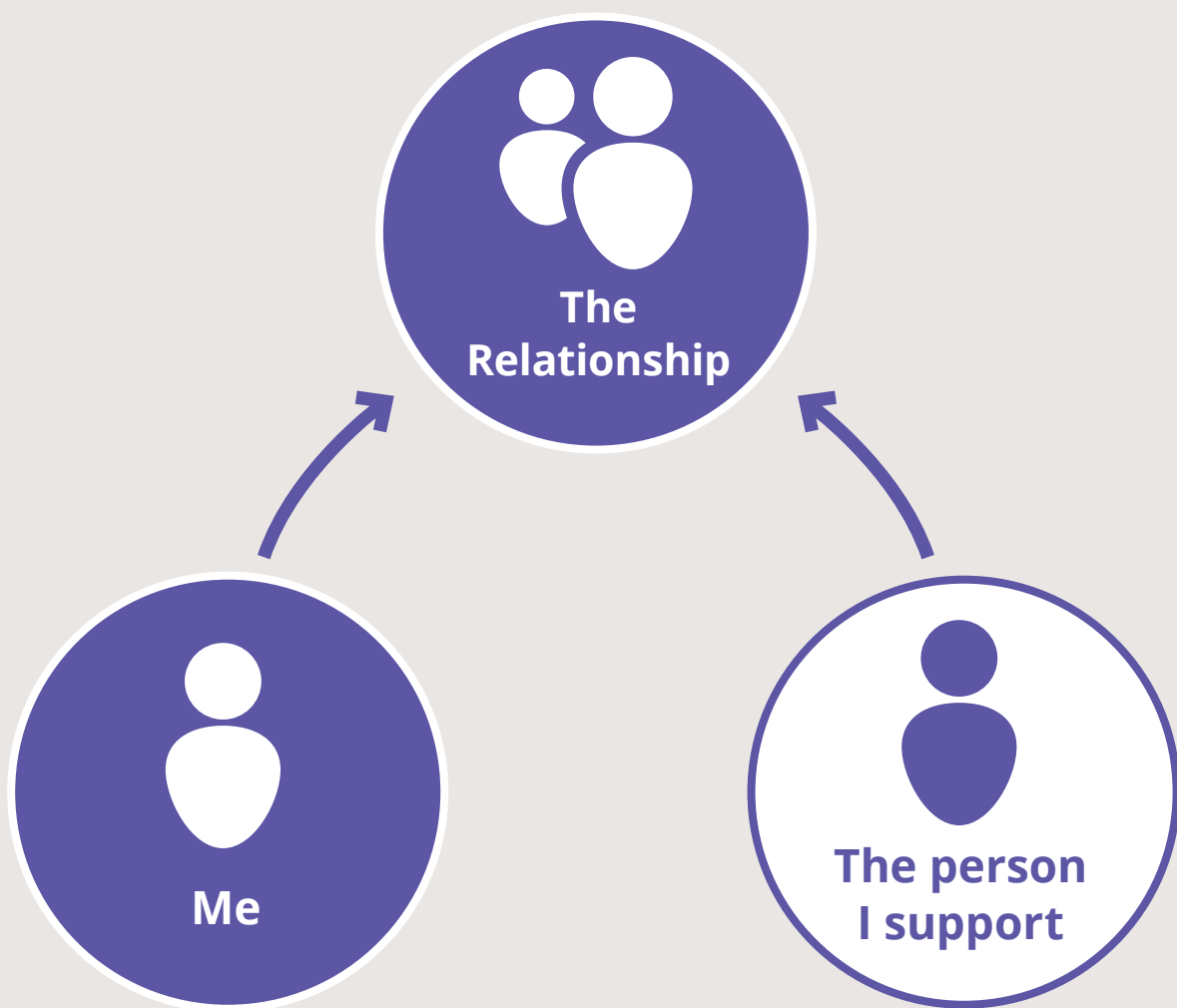
Mutually supportive relationships

We exist in relationship with others. We are connected to others, in varying ways and to varying degrees.

Commonly we think of relationships as the space between people where things are exchanged – emotions, opinions, responsibilities, goods and services. We often tend to consider relationships in a way that focuses on what we get from and give to someone – and vice versa. What would happen if we started to see a relationship as its own entity?

If we can think about a relationship as being something we create with another person, we can see that both people play an important part in its creation and maintenance. A relationship requires care, support and attention from all parties involved. Mutually supportive relationships are where each person is able to take responsibility for their part in the maintenance of the relationship.

When a carer and a person they support have their own strong circles of support, they are able to create a mutually supportive relationship with each other.



The qualities of a mutually supportive relationship

Building a relationship where both people feel supported, respected and accountable doesn't happen accidentally or overnight. It takes trust and effort from both sides to build mutuality.

A mutually supportive relationship isn't immune from challenges and complexities. However, people in this type of relationship learn how to care for their relationship, deepen their connection and create the safety and trust that enables them to repair and work through issues when they arise.

Mutually supportive relationships are:

Respectful – Both people involved actively acknowledge the value of the other person in the relationship.

Honest – Both people involved are able to share their true feelings without fear of negative consequences. Each person aims to be authentic in their contributions.

Balanced – Both people are equally important. There is an acknowledgement of the strengths each person brings to the relationship. Each person is aware of their responsibility and accountability to the other person and to the relationship.

Strengthening supportive relationships

Building, nurturing and maintaining our relationships is essential to our wellbeing. It might sound like a daunting proposition to work on making all of our relationships stronger, but if we focus on one area at a time and take small, achievable actions, we can begin to see positive results.



**Community
Connection**

Go to page 46



**Service
Providers**

Go to page 48



**Family
and
Friends**

Go to page 50



**Work,
Study and
Volunteering**

Go to page 52



**Faith
Based or
Spirituality**

Go to page 54



**My
relationship
with
someone I
support**

Go to page 56



Strengthening community connections

There are small but meaningful actions you can take to help grow, strengthen and nurture the connections in this circle of support.

I want to think about it

Take some time to work out what you enjoy doing, what you'd like to try or what you are passionate about. Try searching online to see what clubs or associations exist in your area.

I want to start small

Going out to a craft market, a local festival, a school fair or taking a walk around your neighbourhood can increase your connection with your local community. Simply being out and about increases the likelihood of interactions with others.

I want to take a bigger step

Connect with opportunities to share or apply your lived experience as a carer. Carers are often sought for consultation, speaking engagements, advocacy and representative roles. Connecting with the wider carer community is often an empowering experience.



Search online for 'What's on in my area?', Check your local newspaper for details of festivals, events, clubs and activities, Carer Gateway provides information and resources about connecting with other carers and keeping your social networks. For more information see the resources section at the end of this coaching session.



Strengthening support from service providers

There are small but meaningful things you can do to help expand and strengthen the support you receive from this circle.

I want to think about it

Take some time to work out what you need and want. Are you aware of what services are available to you? It may be worth taking the time to create your own personal wellness plan.

I want to start small

Ask other carers for advice or recommendations on supportive and effective service providers who are likely to understand your needs. You could ask this question on the Carer Gateway Forum.

I want to take a bigger step

Before meeting with a service provider, write down notes on what you want from the appointment and what you require them to provide for you. Be as clear and specific as possible. You can take these notes with you to the meeting to help you ask for what you want.



Wellness Plan template and example journal reflection, Carer Gateway – finding carer services , The coaching session '*Managing the daily challenges*' also explores how to locate and navigate services. For more information see the resources section at the end of this coaching session.



Strengthening close relationships

There are small but meaningful things you can do to help build, strengthen and nurture relationships with family and friends.

I want to think about it

Reflect on what it is you want from friends and family. How do you want them to support you? What would you like to do together? How would you like to relate to one another? Importantly, what are you able to give?

I want to start small

Be strategic about who you share your time with. Spend time with people who boost your energy, limit the time spent with those who don't. An online counsellor can help you plan for this.

I want to take a bigger step

Hold regular family meetings, with an agenda that is shared in advance.



For more information see the resources section at the end of this coaching session.



Strengthening support through working, studying or volunteering

There are meaningful actions you can take to help explore, strengthen and nurture the possibilities in this circle of support

I want to think about it

Take some time to work out and reflect on what your motivations are for working, studying or volunteering. What do you want to achieve? Make a list of the benefits and the costs (a 'pros and cons' list).

I want to start small

What's out there that you'd like to do and are able to do? Have you considered studying online? Or working freelance from home? Consider chatting with a counsellor/coach about options available to you.

I want to take a bigger step

Contact a local employment agency or visit Job Search for help with finding employment, assistance with resume writing, interview preparation, advice on job seeking and more.



For more information see the resources section at the end of this coaching session.



Strengthening faith and spiritual support

Small, meaningful actions can help grow, strengthen and nurture the support you get from your faith and spiritual beliefs.

I want to think about it

Take time to work out where and how you experience faith, connection and spirituality. When do you feel grounded, peaceful, calm or focused?

I want to start small

Practise mindfulness. Notice your body, the information you are getting from your senses, your emotions. Try doing this intentionally, for one minute each day.

I want to take a bigger step

Consider connecting with people that could help you explore and strengthen your spiritual health. Try discussing your beliefs, questions and doubts with people you trust. Consider accessing a pastoral care service, talking with a peer or a spiritual guide.



For more information see the resources section at the end of this coaching session.



Strengthening the relationship with someone I support

There are small, meaningful things you can do to help strengthen and nurture the relationship you have with someone you support.

I want to think about it

Take time to imagine how you would like the relationship to be. Write down your reflections. How would you interact with each other? What would you both be doing differently?

I want to start small

Listen to the person you support, without judgment or jumping to problem solving. Listen in order to understand the way they see the world. What are they telling you that they need? Ask questions, avoid giving answers.

I want to take a bigger step

Have a conversation with the person you support. Share your feelings and your needs, and listen to theirs. What can you agree on? What needs to change to make that happen? A counsellor can help you plan this conversation.



For more information see the resources section at the end of this coaching session.

Action plan

After reading through the case studies and information in this session, choose one specific, realistic and achievable thing you would like to do with regard to your situation.

Refer back to the page earlier in this workbook where you identified the values that are important to you. Write them in the space provided below.

When you create your plan, think about how the action you want to take will express, support or align with your values.



Action: Write one thing you'd like to try

Why do I want to do this? What is your reason? What do you want to achieve?

Who will I do this with? Who might help you with this? Who might be involved?

When will I do this? Be precise as possible. Can you name a day and time?



Now that you have finished this coaching session, we encourage you to spend a few minutes putting down some of your thoughts or talking through some ideas with your coach or someone you trust. You can write your ideas on this page or in your coaching journal.

You could write or chat with someone about:

- Aspects of health and wellbeing; community, relationships, purpose, body and mind.
- Which of the case studies or activities did you relate to and why.
- How you now feel about the current phase of your caring journey.

This workbook represents a significant amount of time and energy that you have dedicated to your own wellbeing. It is an important part of your journey and worth hanging on to. Keep it somewhere that allows you to revisit it whenever you need to.

You can also come back to look over, check in on, revise or change your action plan. You can even re-do the activities or share some of the information or resources with friends.



RESOURCES

The websites listed in this section provide additional, specific information that is related to the content found in this workbook.

Your coach can help you to access these resources or you can explore them for yourself.

Strengthening close relationships

- Online Counselling: counselling.carergateway.gov.au
- Relationships Australia: relationships.org.au
- Family and Relationship Services Australia: familyrelationships.gov.au
- Head to Health – connecting with friends:
headtohealth.gov.au/meaningful-life/connectedness/friends
- Carer Gateway – Caring and relationships:
carergateway.gov.au/caring-and-relationships

Strengthening support from service providers

- Carer Gateway Forum: forum.carergateway.gov.au
- Carer Gateway – finding carer services: carergateway.gov.au/guided-search

Strengthening community connections

- Connecting with other carers: carergateway.gov.au/connecting-with-other-carers
- Keeping your social networks: carergateway.gov.au/keeping-your-social-networks

Strengthening support through working, studying or volunteering

- Online Counselling: counselling.carergateway.gov.au
- Job Search: jobsearch.gov.au
- Open Universities Australia: open.edu.au
- Volunteering Australia: volunteeringaustralia.org
- My Future: myfuture.edu.au

Strengthening faith and spiritual support

- Mindfulness in everyday life tips: [blackdoginstitute.org.au/docs/default-source/psychological-toolkit/7-mindfulnessineverydaylife-\(with-gp-notes\).pdf?sfvrsn=4](http://blackdoginstitute.org.au/docs/default-source/psychological-toolkit/7-mindfulnessineverydaylife-(with-gp-notes).pdf?sfvrsn=4)
- Spiritual Care Australia: spiritualcareaustralia.org.au
- Meaningful Aging Australia: meaningfulageing.org.au

Strengthening the relationship with someone I support

- Carer Gateway – caring and relationships: carergateway.gov.au/caring-and-relationships
- Health Talk Australia: research.healthtalkaustralia.org/carers/impact-of-caring-on-relationship-with-person-cared-for
- Carer Gateway Forum: forum.carergateway.gov.au
- Online Counselling: counselling.carergateway.gov.au

REFERENCES

- *ABS Survey of Disability, Ageing and Carers: Summary of findings – 2015*
abs.gov.au/AUSSTATS/abs
- Berget, J., Løvvik, C., Davidson, L., Moltu, C., Veseth, M. (2018).
The Relational Context of Mental Health for Carers.
Journal of Recovery in Mental Health, 2(1), 22–34.
jps.library.utoronto.ca/index.php/rmh/article/view/31923
- *Beyond Blue, Connections matter: Helping older people stay socially active,*
beyondblue.org.au/who-does-it-affect/older-people/connections-matter
[Accessed 27 Feb 19]
- Jacobson, N. Farah, D. (2010),
Recovery through the Lens of Cultural Diversity, Recovery and Cultural Diversity
Community of Practice, Toronto, Canada.
wellesleyinstitute.com/wp-content/uploads/2010/07/RTLCD-report-jul0410.pdf
[Accessed on 20 December 2018]
- Mead, S. (2014), *Intentional Peer Support Core Materials, Intentional Peer Support*,
Bristol intentionalpeersupport.org
- Price-Robertson, R., Obradovic, A., Morgan, B. (2016):
Relational recovery: beyond individualism in the recovery approach,
Advances in Mental Health,
researchgate.net/publication/309127037_Relational_recovery_Beyond_individualism_in_the_recovery_approach
[Accessed 08 Jan 19]
- Schrank, B., Brownell, T., Tylee, A., and Slade, M.
Positive psychology: An approach to supporting recovery in mental illness [online].
East Asian Archives of Psychiatry, Vol. 24, No. 3, Sep 2014: 95-103.
search.informit.com.au/documentSummary;dn=667107453591942;res=IELHEA
ISSN: 2078-9947. [Accessed 08 Jan 19].
- The Bouverie Centre, Victoria's Family Institute,
Guidelines for Trauma Informed Family Sensitive Practice in Adult Mental Health Services,
Australia.
- *Wellways: Building a Future, edition 7, (2016),*
Wellways Australia, Melbourne

NOTES

NOTES

Handwriting practice area with 20 sets of dotted lines for tracing on a lined background.



Phone: 1800 422 737 (Monday–Friday, 8am–5pm local time)

Web: carergateway.gov.au

Follow us:

facebook.com/carergateway

[youtube.com: Carer Gateway](https://youtube.com/CarerGateway)