

## What is peer-to-peer support?

Peer-to-peer support offers a safe and understanding community of people who are also experiencing what it means to be diagnosed and living with a dust disease.

If you're living with a dust disease you may be experiencing significant changes to both your physical and emotional wellbeing, and peer-to-peer support provides an opportunity to talk directly to someone who understands, share your experiences, listen to others and ask questions. The networks you'll form within peer-to-peer support can help you with your wellbeing.

For your family, peer-to-peer support can connect them with other families who also have a loved one with a dust disease. It provides an opportunity for your family to ask questions and find out what to expect throughout this journey and how they can best support you.

There are a number of services available to you and your family, including those offered by community and not for profit support organisations.

icare Dust Diseases Care supports a number of peer-to-peer programs offered by Support Organisations, providing you with the choice and information to access these programs if you need them.

## Asbestos Diseases Foundation of Australia (adfa)

adfa is a not for profit community based organisation providing support to people with an asbestos-related disease, as well as offering ongoing support for families, carers, and friends.

The foundation was founded by members of trade unions, people with asbestos-related disease and their families, and other concerned community members. Support is provided by counsellors and adfa members who either have an asbestos-related disease, or are relatives of people who have been affected by an asbestos-related disease.

adfa offers a membership to become part of a community which provides support services, the most current information regarding medical treatment, and research and guidance on where to find specialist advice.

## What services are available?

**Telephone:** adfa Helpline (24 hours) providing support and counselling.

**Granville Support Group:** Meetings held 2<sup>nd</sup> Wednesday of the month at Granville, NSW

**Central Coast Asbestos Support Group:** Meetings are held 4<sup>th</sup> Wednesday of the month

**Mesothelioma Support Coordinators at Asbestos Diseases Research Institute (ADRI):** Referrals to ADRI specifically for those with malignant mesothelioma and to support their carers.

**Referrals to The Injured Workers Support Network:** To offer assistance to injured workers in meeting the adjustment, psychological and re-employment needs during their injury or illness.

**Special Events:** Annual Asbestos Awareness Day event and other social gatherings to raise awareness and connect with others with an asbestos-related disease, carers and bereaved families.

## How can I contact them?

**Phone:** Toll free 1800 006 196 or (02) 9637 8759

**Fax:** (02) 9897 3259

**Email:** [info@adfa.org.au](mailto:info@adfa.org.au)

**Website:** <http://www.adfa.org.au>

**Facebook:** ADFA - Asbestos Diseases Foundation of Australia