



Dust Diseases Care

Support Services Factsheet

June 2020

Dust Diseases Care

icare Dust Diseases Care understands that if you're living with or caring for someone with a dust disease you may be experiencing significant changes to both your physical and emotional wellbeing.

Support organisations offer a safe and understanding community of people who understand what it means to be diagnosed and living with, or caring for someone with a dust disease. Support organisations provide an opportunity to talk directly to someone who understands, shares your experiences, listen to others and ask questions. The contact you have with support organisations and the networks you'll form with people also living with a dust disease can help you with your wellbeing.

For your family, support organisations 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 and programs available to you and your family, including those offered by community and not for profit support organisations. icare Dust Diseases Care supports these organisations, providing you with the choice and information to access the services and programs each provide if you need them.

Asbestos Diseases Foundation of Australia Inc (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 concerned citizens. The support is provided by counsellors and adfa members who either have an asbestos-related disease or relatives of people who had asbestos-related disease.

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

For more information:

- Call: **(02) 9637 8759**
- Helpline: **1800 006 196**
- Website: <http://adfa.org.au/services/support-groups>



Asbestos Diseases Research Institute (ADRI)

ADRI is a charitable, not-for-profit foundation dedicated to translating new research insights into support services provided by experienced Mesothelioma Support Coordinators. This organisation offers people who are currently living with mesothelioma and their families' access to assistance from ADRI Mesothelioma Support Coordinators.

The Coordinators are there for each step of the journey, recognising that those affected by mesothelioma experience varied symptoms throughout this time. ADRI tailor assistance for individuals and their families, liaising with professional agencies, as well as providing access to a developed 'well living support programme' for survivors and carers.



The Mesothelioma Support Coordinators are available via telephone Monday to Friday to provide face to face appointments and schedule group meetings for those living with mesothelioma, and their carers.

For more information:

- Call: **1300 237 400** or **(02) 9767 9854** (Monday - Friday 9am - 5pm)
- Email: support@adri.org.au
- Website: <http://www.adri.org.au>
- Facebook: **ADRI - Asbestos Diseases Research Institute**

wecare

wecare provides mentoring and support for families of people who are seriously injured in a workplace or motor vehicle accident or after the diagnosis of a work-related Dust Disease, recognising the critical role of family carers in the months and years following serious injury or illness of a loved one.

Designed to inform, empower and support the health and wellbeing of families and carers who are supporting someone with a serious injury or illness, a personalised wecare program has been developed to suit the needs of Dust Disease Care families.

Mentoring and support programs are available for both adult carers and family members, and children and young people. The programs are run by experienced mentors from Carers NSW and sessions are tailored to individual needs. Mentors from the program are available to meet face to face, online and over the phone.

wecare has been developed in partnership with Carers NSW - a state-wide peak organisation that supports and advocates for family members or friends who care for people with a disability, chronic condition, terminal illness or are frail and funded by the icare foundation.



“ It was a healing process for me because I really was suffering, trying to keep all the balls in the air at the same time.”

“ I'd recommend it if you're experiencing grief or even if you don't know what you are experiencing. So, you don't forget about yourself”

“ It can be part of the healing process and giving people the skills to cope.”

For more information:

- Call: **(02) 9280 4744**
- Email: wecare@carersnsw.org.au
- Website: www.carersnsw.org.au/wecare