



## Dust Diseases Care

**wecare**

Caring for icare families | Factsheet

# wecare - Supporting Families and Carers

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.

wecare has been designed to inform, empower and support the health and wellbeing of families and carers who are supporting someone with a serious injury or illness, it 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.

Carers, whether providing episodic, unpredictable or regular care, report significantly higher psychological distress than the overall Australian population.

## About wecare

wecare recognises the experiences and challenges of informal family

carers and aims to improve their capacity to provide support and foster their own wellbeing, in turn benefiting those to whom they provide care. The program encourages knowledge development and translates evidence into practical applications through a mentoring model, including:

- building the knowledge, wellbeing and resilience of family members and carers
- developing prevention strategies to help lower incidence of carer stress and burn out
- providing tailored programs and resources specifically for families and carers supporting someone with a traumatic injury or illness
- facilitating access and connections to programs and resources.

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## What programs are available?

Two bespoke programs are available:

### 1. The Carer Mentoring Program

- for adult family members, including parents, partners and adult children of workers with a dust disease
- a carer-led program based on a wellness-coaching framework
- carers are supported and provided with the education, resources and skill-building necessary to achieve identified goals
- delivered as six to eight mentoring sessions over twelve weeks with flexible delivery options available
- programs are tailored to the individual needs of the carer / family member
- not a counselling service, however referrals to specific services are encouraged and sourced as needed

### Sessions may include:

Sessions are tailored to the individual's needs. A suite of 10 core modules are available, along with mentors responding to specific needs of the participant. Core topics include:

- understanding Caring and the changes it brings
- managing stress
- resilience and coping strategies
- building and strengthening relationships and connections
- grief and loss - fostering post traumatic growth
- goal setting
- health and well-being
- resources, advocacy and referrals to clinical specialists as appropriate
- caring and work

## 2. The Children and Young People's Mentoring Program

- for family members aged 5 to 18 years, including children, siblings or grandchildren
- delivered in partnership with the young person, their parents and family
- flexible program delivery tailored to the needs of the child or young person
- the program involves a series of milestones which the child or young person can work through as they wish, and move in and out of the program
- delivered over four to eight weeks, with flexible delivery options available
- solutions-based case work model utilised to identify and overcome barriers, such as home, school or social life
- consent for participation in the program is needed from a parent or guardian
- all staff working with children and young people have completed Working with Children checks

### Sessions may include:

This program is a unique support for children and young people in these specific caring situations and aims to:

- support children and young people to make informed choices
- promote internal motivation by celebrating success as it happens
- target the skills needed to reduce the risk in everyday life situations
- promote internal motivation by celebrating success as it happens
- identify what is working, and what's not, and build capacity
- identify positive solutions in the everyday life of the family
- advocate for the child or young person where required
- utilise core resource modules as required.

## How are sessions delivered

Due to the restrictions associated with COVID-19, the wecare program will be offering sessions online through Skype, Zoom or by telephone.

Once social distancing measures are relaxed, flexible delivery options will remain. Initial and milestone sessions will aim to be delivered face-to-face, with all other sessions provided online or by telephone. Individual circumstances may be accommodated in consultation with the wecare team. The flexible delivery options are outlined on the referral form and carers can nominate their preferred service delivery option.

## How do I make a referral

Referrals for wecare can be made by icare staff, service providers, such as Planning Facilitators or self-referrals. A referral form is available on the Carers NSW website [here](#). You can contact the wecare team at Carers NSW if you would like to talk through the details of a specific referral or find out more information.

## What is the cost of the program

There is no cost for the program. The icare Foundation has funded wecare until March 2023.

## What happens once a referral is made

All referrals made directly to Carers NSW are validated by icare staff before any initial contacts are made. icare staff confirm eligibility for the program when Carers NSW contacts us. Once validated, a mentor from the wecare team is assigned to the referral and the mentor will initiate contact with the family member to commence services. The wecare program is delivered independent of icare services.

# Who are the wecare team

Three mentors are assigned to the wecare project, the mentors have extensive experience supporting carers and are a combination of Social Workers, Youth Workers and Counsellors. Mentors include:

<b>Kim</b>	Senior mentor	Mentoring Carers program
<b>Jackie</b>	Mentor	Mentoring Carers program
<b>Elizabeth (Lizzie)</b>	Mentor	Children and Young People program

## How wecare has helped people

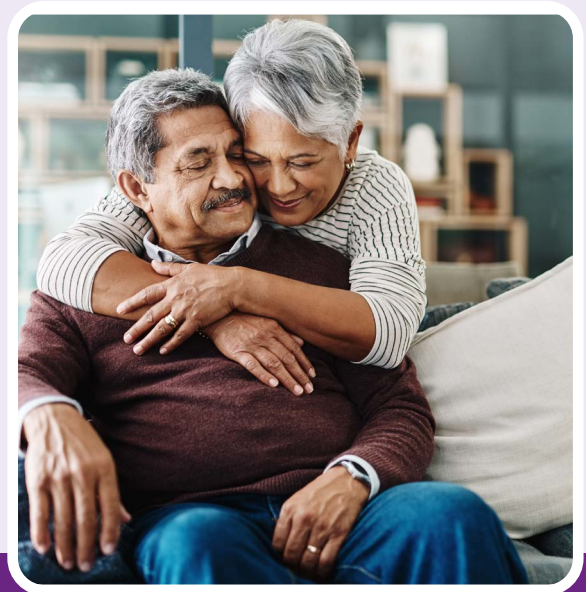
The wecare program has been helping icare families for several years, mentors regularly receive positive feedback from people who have gone through the program, this includes feedback from those who were reluctant to seek support.

You can view the stories of three families who have benefited from wecare on our website below:

<https://www.icare.nsw.gov.au/news-and-stories/wecare-program-re-investment>

or go to:

[www.icare.nsw.gov.au](http://www.icare.nsw.gov.au) > news and stories > wecare program re-investment.



## Feedback about wecare:

“ 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 ”

“ Even though it might be a streamlined program, I felt that it was individualised for me as well.”

“ I'd recommend wecare most definitely for those struggling with their role as family carer. Although it takes some bravery too!”

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

“ My mentor put me at ease with a lot of things, and I was able to talk to her and open.”

“ I think I've become a better work person for doing the program.”

“ I wouldn't change my situation for the world, but it is far more stressful and heartbreaking than you can express in words.”

## More information

### Carers NSW – wecare

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