

*Macedon Ranges Community Nursing*

- DISTRICT NURSING • PALLIATIVE CARE •
- TRANSITIONAL CARE PROGRAM •
- HOSPITAL IN THE HOME •

# CARERS INFORMATION SESSION

Carers are invited to join Kyneton District Health for a free information session:

- Learn about carer and patient self care including tips for managing stress, fatigue and conserving energy
- Find out about managing your loved one's physical health including pressure and mouth care
- Discover how to safely use equipment such as bed sticks, wheel chairs, toilet frames, shower stools and commodes
- Understand how to safely assist a person to walk and get in and out of a chair



**Kyneton District Health**  
**7-25 Caroline Chisholm Drive**  
**Kyneton, VIC, 3444**

**Friday 26th April**  
**Friday 14th June**  
**Friday 9th August**  
**Friday 11th October**

**10am - 1.30pm**  
**(lunch provided)**

**For more information or to RSVP call (03) 5422 9911**